



SIXTY FORTY

MONTHLY NEWSLETTER OF ST. ANDREW'S HALL

USE THE DIFFICULTY
BY SUMARME

RESIDENT INTERVIEWS WITH
JOHN & JOE

TUTORING JOB OPPORTUNITY!
PAGE 14

& MORE!



*SAAH Staff
Spotlights*





Use the Difficulty

BY CHAPLAIN SUMARME

Have you ever heard the expression, “Use the difficulty?” I came across it recently while scrolling through some YouTube shorts. Those words were spoken by Michael Caine, the long-time British film actor who you might remember as playing Alfred (Bruce Wayne’s butler) in “The Dark Knight,” Cutter in “The Prestige,” and Dr. Wilbur Larch in “The Cider House Rules.” When Caine was a very young actor, he was in a stage-play scene where he had to come onstage by opening a door. On the other side of the door, there was an argument going on between a husband and wife. Just before Michael was scripted to open the door and walk on, the husband on stage threw a chair. It lodged in the doorway, so that when Michael opened the door, he couldn’t get through and couldn’t make his entrance.

Later, the director told him it was up to him to find a way to get onstage ... to *use the difficulty*. Michael asked, “What do you mean?” The director replied, “Well, if it’s a comedy, fall over it. If it’s a drama, pick it up and smash it: *Use the difficulty*.” He took that philosophy to heart in his own life and taught his children the same thing: When anything tough happens or some problem gets in your way, *use the difficulty* to your advantage, and don’t let it get you down.

We can never know how life will go, or what difficulty we’ll encounter when we least expect it. When difficulties arise for you, how might you use them?

Here is a passage from the Bible that offers a way to think about the difficulties of life:

Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don’t try to get out of anything prematurely. Let it do its work, so you become mature and well-developed, not deficient in any way.

James 1:2-4 (The Message)

When faced with difficulties, may you have courage to face the hard thing you know you need to do. Even when you don’t know how things will go, may you take the first step and begin, trusting that a greater power will strengthen you, help you, and see you through to the other side of difficulty.

If you want to talk about this or anything else on your mind, my door is open for you. My office is located across from the second-floor elevator.

SAH STAFF SPOTLIGHTS!

Ross



Dean of SAH

Rev. Dr. Ross Lockhart serves as the Dean of St. Andrew's Hall. An Ordained Minister in the Presbyterian Church in Canada, he holds a PhD from Vrije Universiteit in the Netherlands and focuses his academic work on the changing nature of Christianity in Canada.

Where were you born?

I was born and raised in Winnipeg, Manitoba and still feel a deep connection with the Canadian Prairies, wheat fields and big open skies.

What do you like to do in your free time?

This fall we welcomed a new Airedale Terrier puppy named Darby and a little orange kitten named Marie into our family. Whatever time might be free is spent with them!

What type of music do you listen to?

For better or worse, I'm a huge fan of country music! I've even argued that country music is the soundtrack of heaven (but I have no data to back that up!).

If money and time were no object, what would you be doing right now?

I would spend part of every year in Northern Ireland, enjoying life on our family farm that has been cared for by Lockhart's for over four hundred years, and soaking up time with family and friends there...

Rev. Dr. Tim Dickau organizes the Certificate in Missional Leadership as an associate at the CML and also teaches in our other programs as well.

Where were you born?

Wetaskiwin Alberta (80 kilometers south of Edmonton)

What do you like to do in your free time?

Read, play with my grandchildren, walk with my wife, Mary, and watch the Canucks lose!

Do you have a favourite word?

Restoration - since it reflects the promise of God's action in our lives and in the world

Do you have a favorite charity you wish more people knew about?

Salsbury Society, since the church I pastored for 30 years helped develop and build this charity that promotes and resources community living.

If you were sent back in time to 1,000 years ago, how would you prove that you're from the future?

I don't go anywhere without my electric toothbrush!

Tim



CML Associate for the Missional Leadership Certificate Program

Mihye



Housing Manager

Mihye Park is the Housing Manager of St. Andrew's Hall, looking after various things about housing and residents since 2002.

What do you like to do in your free time?

I love walking trails with friends, reading books, knitting, sewing, browsing Netflix and spending time with two lovely grandkids.

What type of music do you listen to?

Most kinds, from Zigeunerweisen by Pablo de Sarasate to Butter by BTS

If residents could read your mind, what gift would they surprise you with on a rainy Vancouver day? :)

A smiling face with kind words about SAH always brightens the day!

Do you have a favourite word (any language is ok as long as you provide the pronunciation and translation)?

My favourite word is Yun Seul (윤슬 in Korean), which means ripples shining in the sun or the moonlight. This beautiful word has been stuck in my head for years. During my recent trip to Korea, one of my friends asked me the same question. While sharing about poets and writing inspiration, we all agreed finding words is a gift from God. I wish I had the gift.

Rev. Sumarme Goble is the Chaplain and Community Life Director at SAH. She enjoys spending time in conversation with students, hearing their life stories and offering faith-related guidance.

Where were you born?

I was born and raised in Seattle, Washington, in the Scandinavian community of Ballard. I lived near the Woodland Park Zoo.

What do you like to do in your free time?

I spend time with my dog, Koda. She's my "personal trainer" who keeps me active and off my computer... and she connects me with people in my neighbourhood because she is friendly and cute.

If residents could read my mind, what gift would they surprise you with on a rainy Vancouver day?

Last week, Claire (editor of the SAH newsletter!), surprised me with a fresh-out-of-the-oven loaf of bread. Delicious! Wish you could have had a bite ... it's all gone now!

Sumarme



Chaplain and Community Life Coordinator

Adrian



Facilities Manager

Adrian Kiss oversees the general care and maintenance of the building. Everything from as little as lightbulb to as big a new roof!

Where were you born?

I was born in Abbotsford. Though I recently spent 5 years on the Sunshine Coast before relocating to Vancouver.

What do you like to do in your free time?

I enjoy being active. Playing sports like baseball or bowling, or spending time with friends and family is where you'll find me.

If residents could read your mind, what gift would they surprise you with on a rainy Vancouver day?

Chocolate chip cookies. They are a staple of my diet, and I would consider them an almost perfect snack.

Helen



Finance Manager

As Finance Manager, Helen Sawchuk focusses on financial reporting, analysis, stewardship, budgeting, and cash flow management.

What is your favourite word?

Hurkle-durkle, a 200-year-old Scottish term meaning to lounge in bed long after it's time to get up, usually on the weekends.

If money and time were no object, what would you be doing right now?

I would travel to all the places in the world that remain on my list: Ireland, Scotland, Greece, Portugal, Tahiti, Iceland, Switzerland, and New Zealand.

If residents could read your mind, what gift would they surprise you with on a rainy Vancouver day?

A latte



Mavis Ho is the Executive Assistant to Dean Ross Lockhart at St. Andrew's Hall. She also helps out with the Centre for Missional Leadership, Housing as well as Sumarme (Chaplain) when an extra pair of hands is needed!

Where were you born?

I was born in a town called Miri on the island of Borneo (Malaysia).

What do you like to do in your free time?

Post-Covid, my husband and I were introduced to the game of Pickleball! Who could imagine that hitting a wiffle ball could bring such joy!

If money and time were no object, what would you be doing right now?

I would be snorkeling and staying in a fabulously fancy 'hut' right on the water in the Maldives!

Mavis



Executive Assistant to the Dean

Jean



Finance Assistant

Jean James works part time here at SAH, Mondays, Tuesdays and Thursdays. She works on financial paperwork including payroll and record keeping. Jean loves Excel spreadsheets and keeping numbers under control.

Where were you born?

Jean glories in the title of being a Brummie, that means she was born in Birmingham, UK. Brummies have a dialect all of their own and can be total unintelligible to non brummies. If you catch her on a good moment she might give you a demonstration!

What do you like to do in your free time?

Jean is an outdoor fan, walking, hiking, and kayaking here in Canada and has previously taught drystone walling and hedge laying along side other conservation craft skills in the UK.

What type of music do you listen to?

Variety is definitely key, Jean regularly listens to country and folk music and also enjoys a radio show called pick of the pops which plays a chart from a year gone by.

Andrea



Centre for Missional Leadership Associate in New Witnessing Communities

Andrea Perrett is an Associate in New Witnessing Communities with the Centre for Missional Leadership where she leads programs which help to equip leaders who are starting new churches. This work falls under the Cultivate Collective, a missional church planting network.

Where were you born?
Lethbridge, Alberta

What do you like to do in your free time?
Baking bread, exploring in the mountains and running around (running after) with my child and dog.

What type of music do you listen to?
I am currently curating a playlist with pop songs about dancing animals – something my son and I can both enjoy in the car. So far we have a crab rave, disco snails and a crocodile rock...

If residents could read your mind, what gift would they surprise you with on a rainy Vancouver day?
A warm cuppa tea!

Do you have a favourite charity you wish more people knew about?
Presbyterian World Service and Development is the relief and development agency with the Presbyterian Church in Canada. They work with partners overseas to promote justice, peace and the integrity of creations. They have a great gift catalogue where you can “purchase” goats or school supplies for folks around the world.

Albert



Director for the Centre for Missional Leadership
Lead Pastor at Tapestry Church

Rev. Albert Chu is the Director for the Centre for Missional Leadership. He is also, the Lead Pastor of the Tapestry Church which is a multi-site church in the Lower Mainland.

What do you like to do in your free time?
Be outside (preferably on my bike or in the mountains)!

If money and time were no object, what would you be doing right now?
Traveling around the world (and yes! Preferably on my bike or in the mountains!)

If residents could read your mind, what gift would they surprise you with on a rainy Vancouver day?
A baked treat from Great Dane!

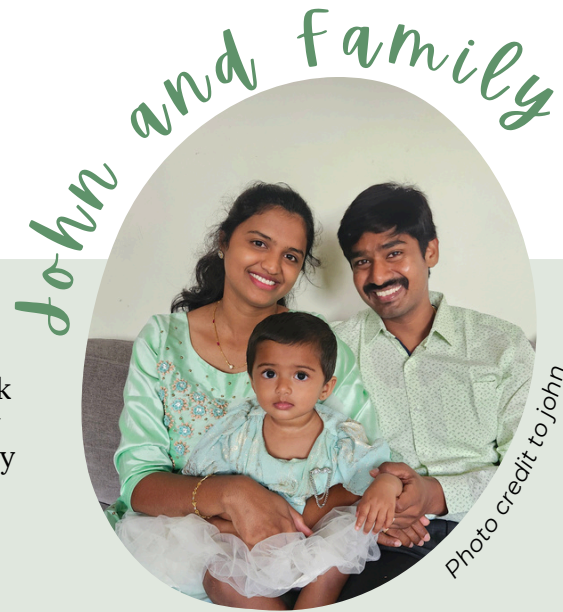


Shiraz
Housing Assistant



Rebecca Simpson
Director of Denominational Formation

Resident Interview



The meal I like best right now is... Korean food. The Triple Combo [three flavours of chicken sticks with black pepper spicy rice cake, garlic soy, snow onion, and spicy garlic (with salad)] that we had at CM Chicken in Burnaby is a favourite dish for both my wife and me.

I could talk forever about... technology, mathematics, and theology.

One of my favourite books is... “Start with Why” by Simon Sinek because it offers valuable insights into leadership and motivation, emphasizing the importance of understanding the deeper purpose behind actions. This has helped me approach both personal and professional decisions with more clarity and intention.

The hardest thing I’ve done so far in life and succeeded was... balancing the demands of work, family, and personal growth while pursuing higher education. It required discipline, resilience, and sacrifice, but it taught me valuable lessons about perseverance and the importance of support from loved ones.

Someday, I would like to... travel to different countries to experience diverse cultures and traditions. I dream of sharing those experiences with others through storytelling and perhaps writing a book that captures the essence of these journeys. Additionally, I aspire to continue growing in my faith and helping others on their spiritual journeys.

A little known fact about me is... that I love watching and playing cricket.

The most beautiful place I’ve been to so far is... the Himalayas. The breathtaking peaks, towering high above the clouds, create a stunning backdrop that leaves me in awe. Each sunrise paints the mountains in hues of orange and pink, making for a magical experience that feels almost surreal.

The three things I practice for good mental health are ...

- **Mindfulness and Meditation:** I make time each day for mindfulness exercises or meditation to help clear my mind, reduce stress, and stay present in the moment. This practice helps me cultivate a sense of calm and improves my overall emotional well-being.
- **Regular Exercise:** I prioritize physical activity, whether it’s going for a run or gym. Exercise not only boosts my mood through the release of endorphins but also enhances my energy levels and helps me manage anxiety.
- **Connecting with Others:** I value spending time with friends and family, engaging in meaningful conversations, and participating in community activities. Building strong relationships provides support, fosters a sense of belonging, and helps me maintain a positive outlook on life.

Living at St. Andrew’s Hall is... a blessing for my family and me. My daughter, Mahi, enjoys her time on the playground, while my wife, Sheeba, and I have made good friends in this blessed and peaceful neighbourhood.

Resident Interview

Joe Ragbir

Hey all ~

My name is Joe, and I live at St. Andrew's Hall with my lovely wife, Lirah. I moved to Vancouver 2 years ago from Montreal, where I was born and raised, and have been living in our building ever since. I am a student and one of the handful of people studying across the street parking lot! I am pursuing my Master's of Divinity to become a pastor/minister in a Presbyterian Church.

So, to get to know me better, here's an interview-style Q & A.

What are your usual weekend plans?

Lately, I've been spending my Saturdays doing Greek homework or practicing preaching for Sunday. However, I also spend at least 24 hours of my weekend watching TV, going out for some good food, and taking a good nap. Then on Sundays, I spend my evenings at church.

What is your favourite thing to cook?

I used to work in an Italian restaurant so I'm kind of over pizzas and pasta. However, I do love cooking curry chicken and stew chicken. These are both dishes from my home country of Trinidad. Oh, and I almost forgot I make a good ramen that my wife loves!

Any tips for students?

Get a full 8 hours of sleep, all-nighters are not worth it! And if you're not a quick reader or struggle with English as a second language, I highly recommend Speechify. Also, a late-night hack if you're craving burgers: go to Bin 4, they have 50% off burgers after 9 pm.

What's your favourite holiday?

Christmas is pretty awesome because of gifts and family. But Easter is my favourite holiday because it represents the risen Jesus and new life. Plus lots of chocolates and it also means that my favourite season of summer is right around the corner.

What's your secret pizza ingredient?

If you mix Montreal steak spice into your cheese before spreading it on your pizza, it will work wonders. You can also just mix in minced garlic if you're not that adventurous.

Any last words?

Please approach me anytime, even on soup night! I love making new friends and getting to know new people.



Photo credit to Joe



Low Key Plug: I also host a Tuesday Young Adult Social's event in the Centre from 7:30pm -9:00pm.

THE GOOGLE STOCK PHOTO EXPERIENCE

BY SILVA, COMCO

Last month I told you about my greatest regret of the summer, so I figured this time I could share one of the highlights. For many years I have contemplated visiting North Cascades National Park in Washington state. It is a lesser known park with surprisingly few visitors, but I had heard that it's beautiful so it was on my list of places nearby that would be neat to visit. It's an easy drive from Vancouver, only around 230 km away. At the end of August, as I was sobbing over the bottle left behind in California, I decided to drive down to the park. My expectations were not high, I must admit, as I assumed that the relatively low number of annual visitors meant it probably wasn't very impressive, so I wasn't shocked when we entered the parking lot of the first view point in the park, and actually managed to find a parking spot. Not only did we find a spot -our only competition was one other car parked right next to the loo so clearly nature called them in that other kind of way.

The view was amazing! It was definitely worth the drive, and I thoroughly enjoyed watching the green water down below. It was hard to believe that we were in WA, with water so beautiful. As we walked back to the car two cyclists arrived, needing to use the facilities, and they casually asked if there was anything worth seeing. "Absolutely!", I told them.

We then continued to what I had heard was the main view point, a little bit further away. The parking lot was much bigger, and there were more vehicles and people around, but still many stalls available. My teenage daughter was bored by then, but off we went to look at the view. And what a view it was! I was stunned. It was absolutely breathtakingly beautiful! It was so gorgeous and picture perfect, and my daughter summed it up well when she looked at me and exclaimed: Mom, it's like a Google stock photo!

I highly recommend a visit. Please note that the road to and through the park is closed during the winter, so check ahead before heading there. Until it opens again in the spring, enjoy the view from my photos! (Not Google stock photos even though it certainly looks like it.)

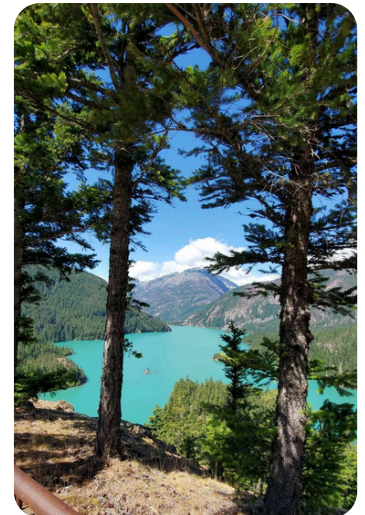


Photo credit to Silva

OUR COMMUNITY IN PHOTOS

Thanksgiving dinner



OUR COMMUNITY IN PHOTOS

Thanksgiving dinner cont'd



Easy Eggplant Tomato Pasta

Shared by Zach, ComCo



INGREDIENTS

Serves 1-2

- 3-4 beefsteak tomatoes
- 1 vegetable bouillon cube (we use Knorr)
- 1 eggplant
- 1 white onion
- Rigatoni (or any pasta you have)
- Oregano, Herbes de Provinces, Red Pepper Flakes (the seasonings are flexible, so don't feel like you can't make the dish if you are missing one of them)

INSTRUCTIONS

1. Dice one white onion / heat up water for pasta (we usually use rigatoni)
2. Heat the pan to medium high heat and pour in olive oil
3. Once olive oil is hot, add onions and sauté
4. While onions are sautéing, cut 3-4 beefsteak tomatoes into quarters and remove core of tomatoes
5. Once onions are soft, add tomatoes into the pan
6. Peel eggplant, dice it, and then add it to the pan
7. Then add 1 vegetable bouillon cube, and 4 bay leaves
8. Let simmer and let all vegetables cook down. Once tomatoes are soft, mash them down with wooden spoon so that it becomes a tomato sauce
9. Add seasoning to your liking, oregano and/or herbes de provence (for a bit of spice, you may opt for red pepper flakes)
10. Taste for salt preferences, serve and enjoy ! (we love to add some parmesan to this dish!)

UPCOMING EVENTS

WATCH YOUR EMAIL FOR MORE DETAILED INFORMATION ON THESE EVENTS!

~ Weekly Events ~

Soup Nights

Every **Wednesday**
5:15-6:15 PM in the Centre



Christian Worship

Every **Tuesday 12-12:45 PM**
in the Centre and online
(see p. 12)

SAH Choir

Every **Tuesday 6-7 PM** in
the Centre
(see p. 5)

Full House Socials

Every **Tuesday 7:30-9 PM**
in the Centre
(see p. 14)

RSVP

Pumpkin Carving!

October 27 1-3PM
in the Centre

RSVP [here](#) or via the link in your
email by **October 25**

Trick or Treat Event

October 31

Watch your email for more details!





TUTORING JOB OPPORTUNITY!

From SAH resident Yuan Yuan He

Are you interested in tutoring? Do you have patience and experience working with teenagers and young children? I am a new neighbour at SAH and I am looking for a tutor to help my two children improve their English skills. They are a 14-year-old boy (Grade 9) and an 8-year-old girl (Grade 3). If you are interested, please contact me, and we can discuss the compensation.

Contact: 37034008@qq.com

FULL HOUSE

TUESDAYS • 7:30PM - 9PM

SOCIALS

STARTING OCTOBER 8TH. IN THE CENTER :)
Contact Joe Ragbir - ragbir_87@hotmail.com

A promotional graphic for 'FULL HOUSE SOCIALS'. It features a central photograph of a diverse group of young adults sitting on a couch and floor, engaged with their smartphones and tablets. The text 'FULL HOUSE' is written in large, white, bold letters at the top, and 'SOCIALS' is at the bottom. On the left side, the schedule 'TUESDAYS • 7:30PM - 9PM' is written vertically. At the bottom, it says 'STARTING OCTOBER 8TH. IN THE CENTER :)' and 'Contact Joe Ragbir - ragbir_87@hotmail.com'.

Christian worship in the SAH Chapel



Every Tuesday during the term
12:00 – 12:45 pm

All SAH Residents and Friends are invited -
whether you're curious, committed, or
skeptical, there's a place for you

Questions? – Contact Rev. Sumarme Goble
chaplains@standrews.edu; text 604-782-2228

Looking for an inclusive Christian Community?



DINNER

When: Wednesdays @ 5 pm

Where: Epiphany Chapel (Downstairs)
6030 Chancellor Blvd (Access of Iona)



LET US KNOW
YOU'RE
COMING

PRACTICING THE WAY PRAYER

When: Wednesdays @ 6:30 pm

Where: Epiphany Chapel
(Upstairs)

Sponsored by St. Anselm's, St. Andrew's Hall, &
Campus United UBC



HOW TO GET INVOLVED!

A message from your editor

We would love to have your mark in the 6040 newsletter! There are many ways to contribute, including:

- being featured in a resident interview
- sharing your photos of life at St. Andrew's Hall
- sharing a favourite recipe

If you would like to contribute, please send your ideas to me (Claire) at claire.tyler.lin@gmail.com or to your ComCo who can pass it along to me. You can always find me at soup nights too if you want to chat!

Please send October submissions by **November 8!**

Cheers,
Claire

