



ST. ANDREW'S
HALL

April 2023



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Monthly Newsletter of St. Andrew's Hall

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by Sumarme

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Storming the Wall

Chaplain
Sumarme Goble



Credit to UBC Rec



Credit to Sumarme

Each spring UBC hosts North America's largest intramural sporting event called STORM THE WALL. Over a four-day period, teams of five people work together to complete a relay course of swimming, sprinting, cycling, and running. Then they work together to get over a 12-foot wall that waits for them at the end. Team members climb on each other's bodies to finally grasp the top of the wall. Once on top, they reach down to help their teammates climb to the top.

It got me thinking about what life must be like for university students and other SAH residents at this time of year. You're doing the best you can to eat well (even though you're in a hurry!), to sleep enough (even though exams and papers are coming due!), to exercise for stress relief (even though your body craves rest and watching movies on the couch!), and to support your friends who are feeling overwhelmed (even though you are overloaded yourself!). These days you may feel like you are slipping off the wall, instead of gripping it and making it to the top. But you are not alone – you are in the same kind of situation, working with others to get up and over the wall ... and celebrating when it happens.

I'm encouraged by the "teamwork" I see among our residents. I see you helping one another in the form of smiles and meaningful conversations you have in the hallway or at Soup Night. I notice

you providing meals for residents who are sick, proof-reading a paper for someone who struggles with English, making bread or cookies and sharing them with your neighbours, and offering a prayer of hope at just the right time for someone in distress. These small things, done with great love, help us know we're here for each other, working together to make it through anything, come what may.

What is the wall you must storm ... the wall you must engage and get over? It might be a difficult course project or exam, an important interview, a roommate conflict, parental expectations, a time of deep anxiety, or a decision you're agonizing over. Your initial instinct might be to run away from your wall of challenge. But you know you have to face it. Remember, you don't have to go it alone. You can reach out to someone in your life, a family member, roommate, classmate, neighbor, chaplain (that's me!) or any staff person at SAH. Here is a word of encouragement from the Bible to the people of ancient Israel, but also for all God's children:

*"... do not fear, for I am with you;
do not be afraid, for I am your God;
I will strengthen you; I will help you;
I will uphold you with my victorious right hand."*

May you know God's strength, calming presence, and the help of friends in these challenging times.

Resident Interview

Ally Reddekopp

Let's meet Ally! She's a third year UBC student from Port Moody, BC. She studies Finance. Ally grew up in Vancouver but her family moved to Port Moody when she was 9 years old. In this interview, she tells us about her hobbies, favourite books and gives us some recommendations for restaurants and cafés around Vancouver!

I enjoy... going out to local cafes to get iced vanilla lattes and a pastry. Some of the cafes in Vancouver I really like are "49th Parallel" as well as "Their There."

The meal I like best right now is... the chicken po'boy they have at "the Gallery" here at UBC! It's a fried chicken sandwich with coleslaw, bacon, tomato and cheese. You also get a side of yam fries with it.

Don't talk to me about... sports. I'm not a sports hater, I just have no knowledge on it so I would not be able to talk to anyone about it.

I could talk forever about... my friends and family!

Friends know me as... funny and loyal.

One of my favourite books at the moment is... Accidentally Engaged by Farah Heron. It's about a Muslim girl from Toronto whose parents are trying to set her up in an arranged marriage. However, she slowly falls in love with a guy without knowing that he is the one her parents wanted her to marry.

Someday, I would like to... travel every single continent.

A little-known fact about me is... that I've always wanted to learn how to sing opera.

The most beautiful places I've been to so far is... Singapore and Phuket in Thailand!

My favourite thing to in Vancouver is... probably going for a walk by English Bay after having some sushi.

I chose UBC... because of their well-known Business program! I also like to be close to home.



Credit to Ally

Resident Interview

Hsin-Chen

Let's meet Hsin-Chen

I enjoy... reading novels and trying out new foods.

The meal I like best right now is... ten don and I get it from Ryuu on University Blvd.

Don't talk to me about... mathematics.

I could talk forever about... food and stories.

Someday I'll be rid of... homework!

Friends know me as someone who is... sometimes funny.

One of my favorite books is... the Hunger Games because made me rethink about what is freedom and cherish the environment I was born and raised in. And Katniss is so cool.

Important words to me are... freedom, democracy, and love.

The thing I like best about university is that... I can choose the courses I'm interested in and can meet all kinds of people. The thing I like least about university is the expensive tuition.

The hardest thing I've done so far in life and succeeded was... coming to Canada by myself during COVID-19.

Being connected to a faith tradition is... helpful when I have done everything I can do about the situation and anxiously waiting for the results.

I'm at my best when... my family gives me enough mental support.

Someday, I would like to be... financially free.

When I have free time, I like to... read novels, watch anime and k-drama, and eat.



Credit to Hsin-Chen

Continued

The three things I practice for good mental health are... eat well, sleep well, and exercise.

Living at St. Andrew's Hall is... wonderful. It's such a peaceful neighborhood.

I'm at my worst when... there are too many uncertainties and not sure if I can do it.

A little known fact about me... I'm a volunteer at the Beaty Biodiversity Museum on campus!

What I'd like to do to make the world a better place in my corner of the world... inspire people, especially children, to become interested in and care about science, biodiversity, and the natural environment.

The most beautiful place I've been to so far is... Queenstown in New Zealand!



Hello Everyone,

I'm Yanfen, SAH families' ComCo. I hope that you all enjoyed the cherry blossoms in Vancouver. With less rainfall and the weather getting warmer, spring and summer are great seasons to explore the outdoors in Vancouver. Here are some activities that my family enjoyed.

Burnaby Village Museum (38 exhibits to explore including period specific homes, businesses, and a traditional schoolhouse. This village may look like a community from 1920)

Open: May 6 – Sep 4, 2023
Address: 6501 Deer Lake Ave, Burnaby BC V5G 3T6
Website: <https://www.burnabyvillagemuseum.ca/EN/index.html>

Burnaby Central Railway (Mini train rides for kids and adults)

Open: Easter to Thanksgiving, weekends and stat holidays
Address: 6501 Deer Lake Ave, Burnaby BC V5G 3T6
Website: <https://www.bcsme.org/>

Abbotsford Tulip Festival (5kms tulip lined pathway with over 70 varieties of tulips)

Open: April 14 – May 14, 2023
Address: 3663 Marion Rd, Abbotsford, BC V3G 2J6
Website: <https://www.lakelandflowers.ca/>

Richmond Sunflower Festival (Sunflowers, Dahlias etc..., live music, maze, train ride)

Open: August to September
Location: 12900 Steveston Hwy, Richmond, BC V6W 1A3
Website: <https://www.richmondsunflowerfest.com/>

Emma Lee Farm (Berry U-pick, Farm animals and Ice cream)

Open: June – August
Address: 2727 Westham Island Rd, Delta, BC V4K 3N2
Website: <http://emmaleafarms.com/>

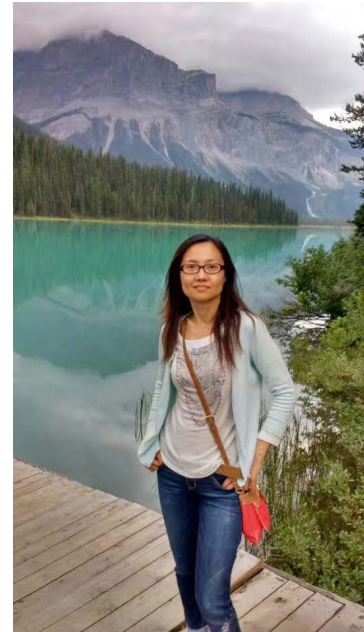
Applebarn Pumpkin Farm (Apple & Pumpkin U-pick, Corn field maze, Tractor riding, Jumping pillows, and other activities)

Open: September to October
Location: 333 Gladwin Rd, Abbotsford, BC V2T 5Y1
Website: <https://www.tavesfamilyfarms.com/>

Wildplay (Exhilarating outdoor recreation play that's fun for all ages and experience levels)

Open: Spring – Fall
Address: 23485 Fern Crescent, Maple Ridge, BC V4R 2S6
Website: <https://www.wildplay.com/maple-ridge>

I can't wait to take my family to explore those activities again in the next few months. Hope that you can find some activities that you and/or your family are interested in.



Credit to Yanfen

Enjoy the sunny days!

Family Movie Night



EGG AND POTATO CASSEROLE

This casserole dish is easy to make and you have a lot of options of what to include in it. It serves 6 people, but you can easily double the recipe. You can even add a cup of cooked meat into it if you like.

Ingredients

- 1 tablespoon olive oil
- 1/2 cup finely chopped onion
- 1 cup diced medium size zucchini or sweet pepper or broccoli (you can also use mushrooms, tomatoes, chopped spinach)
- 2 diced medium size russet potatoes - you can also substitute other kinds of potatoes
- 1 cup cooked meat (optional)
- 3/4 tsp ground black pepper
- 3/4 tsp salt
- 6 eggs
- 1/4 cup of milk (optional)
- 1/2 cup shredded cheddar cheese (optional)



Instructions

1. Preheat oven to 350 degrees Fahrenheit and then lightly grease a casserole dish or baking pan (9-inch size is better) and set aside. If you double the recipe use a 9X13 inch pan.
2. In a large skillet or frying pan, stir fry the onion over medium heat for 1 min, add the vegetables, potatoes, 1/2 tsp of pepper and 1/2 tsp of salt, continue to stir fry for 5 minutes. Add your cup of cooked meat here if you want to include it.
3. Pour the mixture in the prepared casserole dish or baking pan and spread evenly
4. In a mixing bowl, beat the eggs with the milk (milk is optional), add the remaining 1/4 salt and ground pepper and then pour the egg mixture evenly over the mixture in the casserole dish. Sprinkle your cheddar cheese (optional).
5. Bake for 30-40 minutes or until the egg mixture is well cooked
6. SERVE AND ENJOY Good for breakfast, lunch or dinner)