



SIXTY FORTY



Monthly Newsletter of St. Andrew's Hall

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Featured Recipe:
Salt & Pepper Egg Tofu

Upcoming Events and More!

Disconnecting to Reconnect

Sumarme Goble
Chaplain

Did you experience Imagine Day on September 5, the three-and-a-half-hour spectacular when thousands of students walked the Main Mall to check out UBC's clubs? Did you know there were over 350 clubs represented there? While standing at the University Multi-Faith Chaplains' table on that day, I got to speak briefly with many students, all of them looking for places to get inspired, make friends, build community, and get involved.

Experiencing the excitement at this event reminded me of how important it is for people to connect meaningfully with others. The popular saying, "disconnect to reconnect," came to my mind. I found Imagine Day especially remarkable because I saw so many students disconnecting from their phones – and the other devices that absorb so much of their time and attention (even though we are thankful for their benefits) – and connecting with others, opening themselves to possible new directions and experiences they're likely to remember for a long time.

At St. Andrew's Hall, your Community Coordinators (Hannah, Silva, and Yanfen), are planning events for the coming year to help you disconnect from your screens and connect with fellow residents to learn new things, explore your creativity, find a spiritual community, and make good memories. All of us recognize it takes effort to join in. Sometimes it takes courage just to show up in a new situation. When you're considering how to spend your valuable time, never forget that your efforts to connect with others will be well worth it.

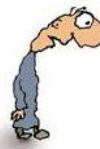
As the coming weeks get busier and more demanding, my prayer is that you will establish healthy and energizing connections, knowing you are deeply loved just as you are, and that when you bring your concerns to God, *you will receive mercy and find grace to help you in your time of need.* Hebrews 4:16 – *The Bible*

On the next page you will see a list of events planned for the next few weeks. Watch your email box for more details about each one. I hope you will join in these events and make new friends, finding St. Andrew's Hall to be a place of belonging and connection.



Credit to Sumarme

What are you doing?



I'm using my device...



What is your device?



My device is the sky.



Does your device have many applications?



Yes. It has sun, moon, clouds and birds.



And do you have to recharge your device very often?



I don't ever have to recharge my device. It recharges me.



Leung

SEPTEMBER & OCTOBER EVENTS

Watch your email box for more detailed information on these events!

~ Weekly Events ~

Soup Nights

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

"What am I called to do?"

On vocational discernment
Every **Wednesday**
at 6:30 PM

Christian Worship

Every **Tuesday**
12-12:45 PM
in the Centre

Movie Night

*for residents living in Quad, Studio
and one-bedroom units*
Friday, Sept. 22nd
7:30 PM

Thanksgiving Soup Night

for townhouse families
October 4th

Thanksgiving Lunch

*for residents living in Quad, Studio
and one-bedroom units*
October 7th

Concert with Matt Maher and Friends

Oct 18th, 7-9 PM
The Centre for Performing Arts
See page 9 for more info!

Pumpkin Carving

Sunday, Oct. 29th
2 - 4pm

Trick or treat at SAH

for Townhouse children and youth
Oct 31st

Resident Interview

Elaine Wongso

Let's meet Elaine! She's a third year UBC student from Jakarta, Indonesia studying chemical biology. Elaine just did two terms of co-op working at a research lab. In this interview, Elaine shares her favourite book, café recommendations in Vancouver and her dream travel destination!

I enjoy... travelling.

The meal I like best right now is... baguette with salted butter, it's basic but good!

Don't talk to me about... Joe Jonas and Sophie Turner divorcing.

I could talk forever about... people who ask really stupid questions in class. And about how expensive Vancouver is!

Friends know me as... "the mom," except when I'm around my room-mates!

One of my favourite books at the moment is... "When Breath Becomes Air" by Paul Kalanithi. You will be crying your eyes out though because the author passed away before the book was published.

Someday, I would like to... go travelling to Japan with my friends because it's a very group-friendly destination and there are a lot of activities to do!

A little-known fact about me is... is that I cannot handle the taste of cilantro. I will never eat it voluntarily!

The most beautiful places I've been to so far is... is Montreal because it's really pretty. Kyoto and Bali are also really pretty.

My favourite thing to do in Vancouver is... going to the cafes and trying pastries. I also love trying different restaurants. Going to the strawberry farms outside of Vancouver is also really great. Then there is Whistler too! I also love walking around Robson Street because it has so many stores and food!

Do you have cafe recommendations then?... I love Nemesis but the one downtown is small so you should go to the one by Emily Carr on Commercial. I also love "49th Parallel". "The Mellow" by BC Children's is really good too. There are also really good ones in the Robson area. "La Forêt is really good but it's far away. Their tiramisu is amazing!

My perfect day includes... waking up in the morning, going to a café for brunch and strolling around. In the afternoon, I like doing an activity then taking a nap before going out for dinner. I need that nap though!

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



Credit to Elaine

The Big Dread that wasn't so bad after all

By Silva

ComCo - Studios and One-Bedrooms



Hello and welcome to a new academic year at SAH! It is always so good and energizing to see campus full of people again after a few months of less activity (though that too is quite energizing and good!). This time of year is exciting in many ways: fresh stationery, crisp new bedsheets, warm late summer air and so many interesting new things to learn, do and explore.

In my experience, the first month tends to fly by, followed by a slower and rainier grey autumn. The excitement and energy might give way to stress and exhaustion. Assignments start piling up, social events become less frequent and even the smallest extra tasks can feel daunting.

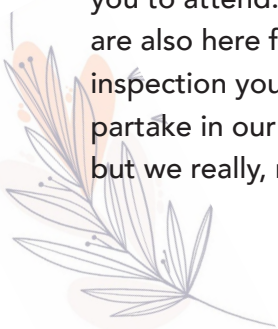
Sometime during the last couple of years, I ran out of my prescription asthma inhalers. The prescription had expired so I couldn't easily refill at a pharmacy. Hearing nightmare stories of virtual medical appointments (tech issues, days spent waiting for the actual call, rescheduled appointments at the last minute and so on) and the difficulty of getting an actual in-person doctor's appointment, led me to postpone any attempts at getting a new prescription, and thus I suffered from breathing difficulties.

During my vacation this summer I decided to finally tackle the task. I made an appointment for a phone consultation and was told a doctor would call me sometime between 9 AM and 1 PM. I mentally prepared to maybe – in the best of possible worlds – to receive a call at 5 PM or so, if I was lucky! Imagine my surprise when my phone rang before noon! The doctor was efficient and quickly renewed my prescription, saying she'd send it directly to my pharmacy.

Not fully understanding what that meant, I planned to go by the pharmacy later that day to explain the situation, hoping they would believe me and not cause any complications and demand that I bring a hard-copy of the prescription. Trying to take deep breaths (not easy with asthma and no inhaler) I focused on feeling grateful that the phone call had gone much easier than I had feared, instead of thinking about the frustration that might come at the pharmacy later.

Less than an hour later my phone rang again. This time it was the pharmacy calling to let me know my prescription was ready for pick up. I couldn't believe it! All this time I had dreaded the process, only to be positively surprised by how easily the whole thing went. I'm sharing this anecdote with you as a reminder to try not to worry too much, not to stress the small stuff, and to remember that not all problems are as hard as they might seem.

You have chosen a wonderful community to live in, so I also highly recommend that you make use of the opportunities and support offered here. We will gather regularly for various events and warmly invite you to attend. The SAH Chaplain, Housing Office staff and ComCos (short for Community Coordinators), are also here for you in both happy and more challenging times. If you met me during your move-in inspection you might have already heard me say this, but I think it's worth repeating: As we invite you to partake in our community events and fellowship, we will certainly respect it if you want to be left alone, but we really, really, don't want you to ever feel lonely here! Best wishes for a Happy New Academic Year!



OUR COMMUNITY IN PHOTOS



**SAH Welcome
Back BBQ!**



SALT AND PEPPER EGG TOFU

Hello everyone, I'm Yanfen, one of the ComCos. I would like to share a Tofu cooking recipe that I learned from Maomao Mom Kitchen (my favorite cooking blog). The tofu is crunchy outside and soft inside, very delicious

Ingredients

- 1) 1 package egg tofu (245g)
- 2) ¼ cup sweet potato starch (or tapioca starch); 3) 2.5 tbsp olive oil, 2 tsp sweet potato starch (or tapioca starch), 1/4 tsp salt, ¼ tsp ground Sichuan pepper, 1 tbsp freshly chopped green onion.



Instructions

1. Cut egg tofu into 0.6-cm thick rounds, and coat both sides with a thin layer of sweet potato starch. You can buy sweet potato starch from local Asian markets.
2. Heat 2 tbsp oil in a non-stick pan over medium-high heat. Pan fry tofu until golden brown, for about 3-4 minutes. Carefully turn them over and cook for another 3 minutes. Transfer pan fried tofu rounds to a plate and set aside.
3. Heat 0.5 tbsp oil in the same non-stick pan. Add 2 tsp sweet potato starch, stir and cook for 2 minutes. Add salt and pepper powder of Ingredient 3), and cook for 1-2 minutes. Sprinkle 1 tbsp chopped green onion and sauté for 30 seconds. Put back tofu rounds and gently toss to coat evenly with salt, pepper and green onion.
4. Transfer to a serving plate and serve immediately.



Egg tofu



Whole sichuan peppercorns



Ground sichuan peppercorns

NEW EVENT

WHAT AM I CALLED TO DO?

Join us for small group conversation about vocation, helping to shape lives that reflect our unique abilities and passions
www.discoverment.org

Dinner + snacks provided!

When: Wednesdays
starting September 20th @6:30pm
Where: St. Andrews Hall Chapel
6040 Iona Drive, UBC



All are welcome!

REGISTER!



Sponsored By:



ST. ANDREW'S HALL



For All SAH Residents and Friends,

Sanctuary Ministries is hosting a concert this fall with Grammy-nominated artist Matt Maher and special guests Jon and Valerie Guerra. The event will be hosted on **Wednesday, October 18 at 7:00 pm** at The Centre for Performing Arts in downtown Vancouver (also home of Westside Church).

All of the information about the artists, Sanctuary, and the venue can be found here on [Eventbrite](#).

The tickets are \$23 but Sanctuary Ministries is providing a discount to St. Andrew's Hall and Vancouver School of Theology (which anyone in your networks can use!!!): The code gives \$5 off each ticket and it is: **VST5**

If you want to attend, and would like to go with people from SAH, let me know and we will organize a carpool or make plans to take the bus downtown together. If you would like to go and need a further discount, contact me. We want you to attend if you would like to go.



MATT MAHER & FRIENDS
AN EVENING OF MUSIC & WORSHIP
Special Guests Jon and Valerie Guerra

Oct. 18
7:00-9:00 PM
DOORS OPEN AT 6:30 PM

The Centre
777 HOMER ST.
VANCOUVER, BC

PRESENTED BY SANCTUARY MENTAL HEALTH MINISTRIES

Tuesday
Christian worship in
the SAH Chapel
12-12:45 pm



HOW TO GET INVOLVED!

A message from your editor

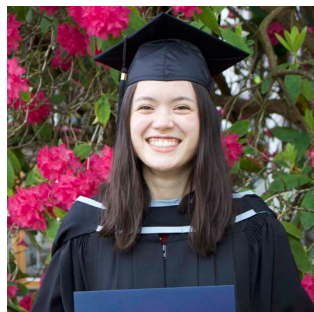
We would love to have your mark in the 6040 newsletter!

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!

Cheers,
Claire



Here's a photo of me so don't be a stranger :)