

Peace Arch Hospice Society Newsletter

January 2022 | Winter

Mission Statement

A Volunteer-based organization that is dedicated to supporting all who are facing the end-of-life journey, and that is committed to educating the community on dying and grieving.

Board of Directors

Jayne Pattison

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Thrift Store Staff

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Thrift Store Manager

Lindsay Barck

Thrift Store Supervisor

Joan Hunter

Thrift Store Supervisor

Astrid Obersat

Thrift Store Supervisor

Adarsh Virk

Intake Supervisor

Executive Director's Message

By Amanda McNally



Dear Members, Donors, Clients,
Volunteers & Friends,

Happy New Year!

I hope everyone has found a way to stay warm and safe. The New Year has been off to a cold, snowy start, and we are in another wave of the COVID pandemic but thanks to our incredible donors, supporters, volunteers and staff, our office remains open to support those in our community who are facing end of life and those who are grieving the loss of a loved one. I am continually blown away by the support that you, our community, show the Society. As we continue to pivot and navigate the pandemic our priority is always to be here for our community. We are able to do the work we do thanks to each of you.

Both our **Hospice Hoedown Online Silent Auction & 50/50** and our **Celebrate a Life** fundraisers ended successfully in December. Thank you to all the donors, participants, sponsors, volunteers who worked shifts at Celebrate a Life, all those who shared their artistic talents to paint doves, and to everyone who stopped by our Celebrate a Life booth this year. We are so grateful for your support and also very thankful that we were able to host our Celebrate a Life event in-person again at Semiahmoo Shopping Centre. Members of the community were able to stop by and pay tribute to loved ones they've lost by placing a paper dove on the tree, make donations and take home a hand painted dove for their own tree.

Within the next couple of months, you may start to hear about our Legacy Circle. We created our Legacy Circle to recognize and thank our kind-hearted supporters who have decided to include Peace Arch Hospice Society in their will. When you include us in your will, you leave a lasting impact on our community that will help provide compassionate care and support to those who are dying or grieving the loss of a loved one for generations to come. If you are interested in learning more or have already left us in your will and would like to be included in our Legacy Circle, please contact me directly at 604-531-7484.

...continued on page 6

Upcoming Events

Our Thrift Store is celebrating its 14th Anniversary on February 13th, 2022. We hope you can join us on the week of **February 7th-12th** for our Anniversary Sale to celebrate with us!

You can receive a 50% off one item coupon to redeem during this sale by visiting our Thrift Store the week before (Jan 31 - Feb 5), or find our ad in the Peace Arch News on Feb 3rd.



Thank you so much to our donors, sponsors, participants and volunteers who made our Hospice Hoedown Online Silent Auction, our Online 50/50 Raffle, and Celebrate a Life fundraisers a success.

Living with a Terminal Illness

By David Webb, PAHS Client

My journey began about this time last year when I was diagnosed with liver cancer. It wasn't until April 2021 that it was confirmed that because of the progression of the tumours, surgery or a liver transplant was not an option.

I was prescribed a targeted drug that was supposed to slow the growth of the tumours. When I discussed the situation with an oncologist, she gave a guesstimate as to what to expect in the future. The news wasn't great. Her prognosis for me was one year. In my mind, this gave me time to get my affairs in order. I am a person who likes to be organized so this was a goal to work towards.



During this time I was also continuing to be the primary caregiver for my wife who had severe rheumatoid arthritis as well as other mobility issues. We now had to plan for her future care needs once I was not able to help her anymore.

The drug I was taking was effective to a point. However, in September I stopped taking it because the treatment was losing its effectiveness. In addition, there were numerous negative side effects. As a result, I am no longer on any cancer related drugs.

I continued caring for my wife. However, to everyone's shock she passed away suddenly at the beginning of November. This left an enormous void in my life. I soon realized the person that I now needed to care for was me.

To that end I am trying to live each day to the fullest and I am doing things that I enjoy. I look back with fondness on the many wonderful memories that I have travelling with my wife and exploring various parts of the world but I also look towards the future.



I told someone recently that this January 1st was a good day for me because I survived 2021 and I am looking towards 2022. I realize that at some point this will come to an end but in the meantime, I rejoice in still being here and I make plans for the future and celebrate my daily accomplishments.



I also feel fortunate to have wonderful support from many friends and family and that brings comfort to me. It also enables me to look towards the future on a positive note. What more can you ask for? Yes, I occasionally have an "off day" but overall, I take life one day at a time and enjoy each day to its fullest and look forward to the future ... as the journey continues.

- David Webb

David Webb is a former White Rock City Councillor where he served his community for 15 years. He is a supporter and client of Peace Arch Hospice Society.

Introducing Our Legacy Circle

Peace Arch Hospice Society
Leave a gift in your will.

Create a lasting impact in our community.



A Gift for the Future

When you include Peace Arch Hospice Society in your will, you leave a legacy that will help provide compassionate care and support to those who are dying or grieving the loss of a loved one for generations to come.

For more information please call our Executive Director at **604-531-7484** or visit www.peacearchhospice.org/legacy-circle

15435 - 16A Avenue
Surrey, BC V4A 1T2

Peace Arch Hospice Society
40th Anniversary
1982-2022

We would love to hear from you...

Firstly, thank you so much to everyone who has already let us know about their decision to leave Peace Arch Hospice Society in their will. Your legacy will be remembered by our community and the individuals, their families, and friends that we serve for generations to come.

Our Executive Director would be happy to hear from you about your decision to become part of our Legacy Circle. While it isn't a requirement to let us know that Peace Arch Hospice Society is in your will, it does help us plan for the future, and it also allows us to properly thank you and keep you up to date on our Society news and events.

If you choose to notify us about your gift, you'll receive the following benefits as part of our **Legacy Circle**:

- Recognition on our Donor Wall Screen
- Recognition in our Annual Report
- Exclusive communications
- Special invitations to events

For more information about how you can leave a gift in your will or if you have any questions, please contact Amanda McNally, *Executive Director* at **604-531-7484 ext. 106** or visit www.peacearchhospice.org/legacy-circle.

Thank You!

Peace Arch Hospice Society

Thank you to our

Hospice Hoedown Online Silent Auction & 50/50

Sponsors, Participants, and Supporters!

While our Hospice Hoedown looked a bit different this year, our Online Silent Auction & 50/50 in lieu of this event was still a success! Thank you so much to all of our sponsors, participants, and supporters. We are so grateful for your generosity.

Silent Auction
Presenting Sponsor:



SCHILL
INSURANCE

In-Kind Sponsors:

Abbotsford Canucks
Base Coat Nails
Blue Frog Studios
City of Surrey
Donna's B&B
Elkay Developments Ltd.
Everything Wine
Five Corners Cafe

Helijet International Inc.
Joseph Richard Group
Laura's Coffee Corner
McLeary's Canadian Made
Quality Furniture & Mattresses
Jayne Pattison
Peace Arch News
Premier Brands

Tammy Ritchie
Splashes
Vancouver Canucks
Victory Memorial Park Funeral
Centre - Dignity Memorial
White Rock Museum & Archives
Wolfe Auto Group

15435 - 16A Avenue
Surrey, BC V4A 1T2
604-531-7484
www.peacearchhospice.org



Thank You!

Peace Arch Hospice Society

Celebrate a Life 2021

We would like to thank all of our **Sponsors, Donors, and Volunteers** for making our 2021 Celebrate a Life event a success. All of the funds raised go towards our professional palliative and grief support programs, which are offered **free of charge** to our community. We believe that no one should die alone or be left alone to grieve. **We are here to help.**

We are truly thankful to the local **Artists** who contributed their time and talents to make and paint the beautiful, one of a kind, wooden and ceramic doves.

We are so very grateful to our many **Volunteers** who generously gave their time to represent the Society from December 1st - 23rd. Without you, the event could not go forward.

Thank You!

15435 - 16A Avenue
Surrey, BC V4A 1T2
604-531-7484
peacearchhospice.org

Peace Arch Hospice Society
...a special kind of caring



Our Sponsors:



Every Detail Remembered® | Dignity
Victory Memorial Park Funeral Centre



AMICA
WHITE ROCK



bp Buchanan
Printing & Signs

RETIREMENT CONCEPTS



Celebrate a Life 2021 Stats:

- Number of Volunteers: **90**
- Number of Shifts: **166**
- Total Volunteer Hours: **504** (not including the countless hours that our community artists spent hand painting the doves.)



Executive Director's Message Continued...



On February 13, 2022, our Thrift Store will celebrate its 14th Anniversary. Thank you to all our staff, volunteers, donors, and customers who have contributed to the store's success over the years. We are tremendously grateful to each of you for all the ways you support the Thrift Store and the Society. We hope you can join us on the week of **February 7th-12th, 2022** for our Anniversary Sale to celebrate with us! We'll be handing out coupons at the Thrift Store for 50% off one item of choice the week before our sale (Jan 31—Feb 5). You will also find our coupon in the February 3rd edition of the Peace Arch News.

As we start looking forward to Spring, we are excited to host our Annual Hike for Hospice on May 1st. More details about the Hike will be coming soon. Something else we are looking forward to is that Peace Arch Hospice Society will be celebrating our 40th anniversary on August 20th. We aren't quite sure how the pandemic will allow us to celebrate this milestone, but we are working on it!

Lastly, thank you for your patience and understanding as we weave our way through the curveballs that COVID lobs our way. We have needed to cancel/postpone/host virtually much of what we do. Please know that we cannot wait to be able to see all you in person soon! Until then, please stay safe and take care of one another.

Sincerely,

Amanda McNally
Executive Director



Face Masks

We still have branded face masks for sale! Stop by our Thrift Store (15562—24th Avenue) or our Supportive Care Centre (15435—16A Avenue) to purchase one today for a **minimum donation of \$10.00**.

All proceeds go toward providing professional palliative and grief support programs and services, free of charge to our community.



Why the Two Faces? Lessons from Janus for 2022

By Trevor Josephson, Manager of Clinical Services & Registered Clinical Counsellor

His name is Janus and he's a funny looking guy. Well, his true taxonomy would be 'god', not 'guy', since he was worshiped by the Ancient Romans, and his two-faced visage certainly announces his extra-ordinary qualities.



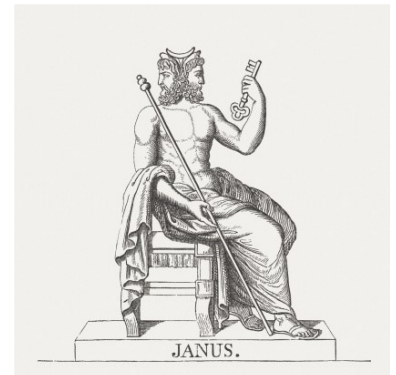
Ancient Romans worshiped a variety of deities that represented various aspects of nature or concepts of life experience. Janus is different from other Roman deities. Not only did he have two faces, but he was responsible for some very important areas of daily concern.

Janus, whose name means 'portal' or 'doorway' is the god of beginnings, transitions, time, duality, and endings. That's quite a full plate for any god! Understandably, Janus was one of the most revered gods by the Romans.

While worship of him has long-since faded into the dusk of history, in many ways we still actively engage in his area of influence. For example, all the hoopla that goes into acknowledging the end of one year and the beginning of another. In fact, New Years Day was his day of worship and the month of January is named after him. How's that for an origin story? Therefore, he has much to offer us today in a symbolic sense when it comes to the many transitions we encounter in life such as when we take on a new role or responsibility, embark on a new relationship and, yes, when we experience the loss of a loved one or our own struggles with illness. But how can Janus help us in all of this?

The statuary that has survived depicts Janus looking back towards the past while simultaneously looking forward to the future, yet his body is firmly seated in the present. He really does hold the alpha and omega, and every other Greek letter in between. In other words, he has perspective of the big picture and offers us a sense of assurance and reliability in the face of chaos and flux by extending the invitation to anchor ourselves in the present moment with trust, acceptance and stillness.

In the image shared on this page, Janus is seen holding a key to unlock closed doors and a staff of authority by which to travel along the road and direct one's own journey. Each of us holds our own keys and staves that help us navigate the landscape or our lives. Sometimes we need to search a little to find them, and when we do, learn how to use them.



The Romans, with the invention of the Julian calendar, gave us the 'new year'. Like us, we can imagine that they saw a new year like a new beginning, stepping through a portal into a new space. Similarly, as we move through our life experience, we may consider our journey of life as advancing through a series of doorways that take us into new rooms to explore. We see one of these thresholds as the 'final' one because what lies on the other side is, well just that, the *other side*, that which is outside or beyond what we know as this life. It is the uncharted territory of existence that we call death.

There are many beliefs, theories and stories about what lies on the other side. What we do know for certain is that as we step through that door, we carry with us a heart and mind full of cherished memories, moments of suffering, beautiful expressions of life fully-lived, regrets of opportunities lost and enduring connections with the ones we love. In other words, we carry a very full backpack. By being firmly seated in the present moment of existence throughout our lives, the weight of that baggage can be greatly lessened. That's one lesson that Janus offers.

Janus also presided over the beginning and ending of conflict. During times of peace, the doors of his temple were closed and during war they were open. As we battle head-to-head with the antagonists of life, such as our struggles with the ever-changing realities of a global pandemic, terminal illness, companioning those who are dying or experiencing our own losses, it can feel like we are entrenched in a war.

During such conflict, Janus suggests that we keep the doors open and thereby let in our allies to help us strategize our next move on the battlefield. Our friends, family and other supports are there to offer us compassion and understanding, to remind us of our inner strength and our importance in this world. Let us not hesitate to invite them in to help us.

Once the war is over, we close the doors and hold space for our experience and choose what to include in that serenity. May we choose what is most precious and enriching for us and in that space build a home that represents our life, a collection of friendships, deep discoveries and fulfilling experiences, be it a collection of serious learning, comedic curios, deep expressions or nonsensical life events.

Peace Arch Hospice Society Thrift Store

Peace Arch Hospice Society Thrift Store

Celebrate our 14th Anniversary

WITH 50% OFF ONE ITEM OF CHOICE!

VALID FEBRUARY 7TH-12TH ONLY

Cannot be combined with any other discounts.
One coupon per family per day.

Store Hours:	Donation Hours:
Mon-Sat: 10am-4pm	Mon-Sat: 10am-3pm
Sun: Closed	Sun: Closed

15562 - 24th Avenue
South Surrey, BC V4A 2J5

Ways to support our Thrift Store:

- Shop!
- Donate gently used items. For furniture donations, please contact thriftstore@pahospicesociety.org with a photo and description before dropping off your furniture at the store.
- Volunteer: Email cov@pahospicesociety.org



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Store Hours

Mon to Sat: 10am-4pm
Sun: Closed

Donation Hours

Mon to Sat: 10am-3pm
Sun: Closed

604-538-7600

thriftstore@pahospicesociety.org

Follow Us!

 **Facebook:**
Peace Arch Hospice Society Thrift Store

 **Instagram:**
[@pahospicesocietythriftstore](https://www.instagram.com/pahospicesocietythriftstore)



Peace Arch Hospice Society Thrift Store

Volunteers Needed!

Are you looking for a fun place to volunteer that allows you to give back to your community? Then our Thrift Store could be the right fit for you! We're looking for cashiers, floor help, and receiving volunteers.



15562 - 24th Avenue
South Surrey, BC
604-538-7600

For more information please email
thriftstore@pahospicesociety.org.

Lemony Chicken & Rice Soup



Ingredients:

For the Lemon Chicken

- 1 and 1/4 lbs skinless, boneless chicken breast
- 2 and 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp garlic powder
- 3/4 tsp salt
- 3/4 tsp ground black pepper

For the Rice

- 1 cup long grain white rice
- 1/2 tsp salt
- Water (check your package instructions to see how much water is called for)

For the Lemony Chicken & Rice Soup

- 2 tbsp olive oil
- 3 large carrots, peeled and diced
- 2 stalks celery, diced
- 1 large onion, finely diced
- 6 cloves garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 8 cups chicken stock (or chicken bone broth)
- 1 cup water
- 2 bay leaves
- 1/3 cup fresh lemon juice
- 1/4 cup to 1/2 cup fresh dill, chopped
- 1/3 cup finely grated parmesan cheese

Directions:

For the Lemon Chicken

1. Preheat oven to 375 degrees (F). In a small bowl combine the olive oil, lemon juice, garlic powder, salt and pepper; whisk well to combine.
2. Place chicken breast in a small baking dish and drizzle with marinade, toss well to ensure both sides are well coated.
3. Place in the oven and bake for 28 minutes, or until the chicken is cooked through, flipping at the halfway point.
4. Cool slightly, then—using two forks or your hands—shred the chicken into small chunks. Set Aside.

For the Rice

1. Cook rice according to package instructions. Once cooked, fluff and remove from heat. Set aside until needed.

For the Lemony Chicken & Rice Soup

1. Heat oil in a large soup pot over medium-heat. Add carrots, celery, and onion, and cook, stirring occasionally, for 5 to 6 minutes. Add garlic and cook for another minute, or until fragrant. Add in salt and pepper and stir to combine. Pour in the chicken stock and water. Then toss in the bay leaves.
2. Increase heat to medium-high and bring soup to a boil. Reduce heat to a simmer and cook for 30 minutes.
3. Stir in cooked chicken and rice and cook for another 5 minutes. Stir in lemon juice, dill and parmesan cheese. Taste soup and adjust seasoning, if needed.
4. Remove from heat and serve at once! Soup will keep, covered in fridge for up to 5 days. If it becomes too thick, add a little chicken broth or water.

Volunteer Spotlight

Monica Zurowski



What brought you to Peace Arch Hospice Society?

My family lives in Mexico, where I grew up, and both my parents suffered very lengthy illnesses until they passed away many years ago. It was very painful for me not to be able to help them other than spending my yearly holidays with them. It was not enough. At the time I had never heard about hospice but now I know how much it would have meant to them, to my brothers and to me, if our parents had received the love and support that hospice can give. When I retired, I promised to myself that I would do my best to help someone else's parents at the end of life and I discovered Peace Arch Hospice, or rather, it discovered me.



What has kept you engaged in volunteering?

I have been involved with hospice for ten years now. It is a place where I've found incredibly kind people who have so much to give. I feel very fortunate to be part of this family and to have the privilege of helping others in their journey through grief and bereavement. As long as I have something to give, I will continue to try.

Can you share a meaningful experience?

One of my favourite moments was visiting a client in the hospice residence years ago. She was a lovely woman, too young to be facing the pain of saying good-bye to her family. We spent many hours going over her photo albums and she talked a lot about her enjoyment of cooking and baking with her young granddaughters. I asked her if she had given them her recipes and she shed a tear or two, lamenting not having written them down. I knew what I needed to do.

I came back with my laptop and over the next several times we met, she dictated what she wanted to leave for the girls. Her recipes sounded not only delicious, but created with love. The love of a Grandmother for her grandchildren.

The recipe book was printed, one copy for each girl, and she had time to sign her name. I got to see the faces of her son and the young girls when they were presented with the books. And that minute stayed with me forever.

Volunteer Refresh Training



Due to the pandemic, some of our programs and services were put on hold, so it had been quite some time since our Volunteers were able to serve our community. To prepare our Volunteers to start providing some of our programs and services again, we ran weekly Volunteer Refresh Training sessions throughout October and November on different topics to get them refreshed on providing compassionate care to our community.

Did You Know?



From November to December 2021:

- Our Counsellors saw 91 Clients of which 29 were new.
- Our Counsellors held 161 individual counselling sessions.
- 124 Clients attended our Group Programs.
- Our Supportive Care Centre answered 577 phone calls during office hours.

*****Please note that this is only a partial list of our programs & services.***



Tea Service at Melville Hospice Home



Our library at our Supportive Care Centre

Testimonials



"You are wonderful people who helped my mom feel valued and us supported. All the chats and conversations helped a sad time feel okay. The tea was an event mom looked forward to. Thank you for being around when I needed you!"

"I want to thank you all for your devotion to humanity and the kindness you showed me and my family by sitting with my mother in her final evening. It was so comforting to me to know she was not alone."

"I can't say thank you enough for all you are doing to help us on our journey right now! My son enjoyed camp so much and has learned so much from you. He was amazed when I explained that we don't pay for your services, and we both agreed that a donation was in order!"



In Memoriam

Peace Arch Hospice Society recognizes the loss of the following people and is grateful for the contributions that were made in their memory. November 1, 2021 - December 31, 2021.

- Pat, Audrey & Bob Camire
- Douglas Charles
- Paul Clover
- Sandro Colasacco
- Cichel Dirk
- Annie Dolny - Annie Banannie the Imagination Clown
- Leslie Ellery
- Peter Franchi
- Sarah Gains
- Tammy Halley
- Susan Harrison
- Eric Koskela
- Mary Maydanyk
- Cyril Frances McKinnon
- Margaret Murtsell
- David Alexander Pope
- Rose Ruznisky
- Srecko Lucky Stipanov

***Always loved,
forever missed,
never forgotten.***

Special Thanks

A special thank you for the bequests we received from November 1, 2021 to December 31, 2021:

- The Estate of Frances Irene Thornton
- The Estate of James Cambrey
- The Estate of Kathleen Marian Mitchell

Thank you to our special supporters who have left Peace Arch Hospice Society in their will. We are excited to welcome them to our Legacy Circle. To notify us about a gift in your will to our organization or if you have any questions about our Legacy Circle, please contact Amanda McNally at **604-531-7484 ext. 106** or visit www.peacearchhospice.org/legacy-circle.

*thank
you*

A special thank you to our Hearts for Hospice Monthly Donors:

- Leslie & Sheelagh Bennett
- Dorothy Blandford
- Doreen Bruce
- Ronald Budworth
- Diana Carlisle
- Barbara Carmichael
- Dave Chesney
- Jackie Crux
- Jean Dutton
- Lorne Ebenal
- Bonita Findlay
- Stanley Fryer
- Brenda Harrison
- Eleanor Holton
- Teresa Hotell
- Brian Hoven
- Joan Hunter
- Paulette & Robert Keith
- Beth Kish
- Deirdre Lane
- Sharilyn Lindsay
- Kathy McIntyre
- Susan McLellan
- Amanda McNally
- Marjorie Mooney
- Joyce Poley
- Joanne Post
- Erica Ritchie
- Tammy Ritchie
- Randall Shaw
- Karel Vanturenout

Special Thanks

We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from November 1, 2021 to December 31, 2021 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.**

- Ariana Alblas
- Amica White Rock
- Ronald Amos
- Martha Andersen
- Glenn Anderson
- Patricia Anderson
- Barbara Andrews
- Scott Angus
- Joan Arlington
- Cheyenne Ashdown
- Andries Baak
- Sheena Ball
- Barry Baniulis
- Patricia Barnes
- Jeevan Basra
- Joseph Baxfield
- Desmond & Carolyn Beall
- Jane Bellringer
- Leslie & Sheelagh Bennett
- Rosemary Berezan
- Jean Bethune
- Mike Bickerton
- Barry Bird
- Joan Black
- Eva Blaker
- Betty Blanchette
- Dorothy Blandford
- Estelle Bogoch
- Richard Boyer
- Judith Brandon
- Elizabeth Brear
- Brenda Brice
- Keith Bridgefoot
- Georgia Briggs
- Edward Brignall
- Carole Brost
- Kellie Brown
- Doreen Bruce
- Marilyn Bryson
- Buchanan Printing
- Ronald Budworth
- David Calibaba
- Diana Carlisle
- Barbara Carmichael
- Lee Carrier
- Stan Carter
- Carol Chase
- David Chesney
- Jennifer Childs
- Nancy Christy
- Janis Clark
- Kathryn Clark
- Sharon Clayton
- Gerda Clifford
- J. Alyson Clifton
- Lyse Clover
- Linda Colasacco
- Janet Coleman
- James Crane
- Pamela Crowley
- Stephen Crozier
- Jacqueline (Jackie) Crux
- Sharon Darlington
- Peter Davies
- Colleen Dean
- Sue Dean
- Petulla Dedish
- Brittany Deeter
- Heather Dennedy
- Dominic Denofrio
- Joan Dewinetz
- Bruce Docking
- George Docolas
- Pamela Dolan
- Richard Dolny
- Edith Donaldson
- Charlotte Douglas
- Dr. S N Mohamed Inc.
- Jean Dutton
- Lorne Ebenal
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- Beth Ellis
- Janette Emsley
- John Engelage
- Marilyn Fairbairn
- Silvia Fassler
- Andrea Feldman
- Bonita Findlay
- Kerry-Lynne Findlay
- Five Corners Cafe
- Robert Flowers
- Jean Fraser
- Christina Freiheit
- Stanley Fryer
- Laura Funk
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- Catherine Galiot
- Beryl Gibbings
- Eric Giesbrecht
- Kathleen Gillard
- Norma Giovanella
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- Donna Hanson
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- James Harrison
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- Karen Hicks
- Keith Hilsinger
- Nancy Hirschhorn
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- Jennifer Hoskins
- Teresa Hotell
- Brent Hough
- Teresa Hough
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- Kathleen Lane
- Sandra Larose
- Matthew Law
- Sandi Lee
- Kelly Lemon
- Rebecca Lewis
- Gale Lindenthaler
- Sharilyn Lindsay
- Pam Little
- Tracy Logan
- Genevieve Loslier
- Walter Lowry
- Dennis Lypka

Special Thanks

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- Betty MacDonald
- June MacLean
- Jodie MacLeod
- Elaine MacPherson
- Catharine Macrander
- Robert Madsen
- Elizabeth Maniquet
- Chris Mansfield
- Yvonne Manville
- Elaine Marshall
- Nancy Martin
- Rita Croft Martin
- Kathleen McAuliffe
- Brian McCombie
- Ariel McGrath
- Hester McInnally
- Kathy McIntyre
- Louise McKnight
- Susan McLellan
- Michele McManus
- Hugh McMillan
- Amanda McNally
- Patricia Mencke
- Irene Michaluk
- Helen Miller
- Alison Miller Bruchet
- Edna Monk
- Marjorie Mooney
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