



Issue Nine

The Bloomin' News



April 2012

Quiz

Which of the following can be recycled?

- a) toaster, electric toothbrush
- b) TV
- c) microwave, vacuum cleaner
- d) electric curling iron, hair dryer or shaver
- e) electric tea kettle or coffee maker
- f) all of the above

*see next page for answer



Some Tips for Better Communication

This is an excerpt from an article on communications in church congregations that Sharon Fulton, Bill Woolverton and I read, but the advice it offers is good for any intentional community.

- Speak directly to the person or committee that the issue concerns.
- Refuse to carry a message from one person or group to another.
- If two people talk with you about each other, offer to meet with both of them together or to find them a mediator.
- If a person complains to you about someone else but refuses to directly talk with the person to resolve the problem, ask him or her to stop talking to you or others about it.
- Reduce venting by first listening and then asking what action the person will undertake to resolve the problem.
- Refuse to take nonspecific or anonymous feedback seriously.

Adapted from Healthy Disclosure: Solving Communication Quandaries in Congregations, copyright ©2007, the Alban Institute. All rights reserved.

Submitted by Kathryn Hazel

Non Violent Communication Workshop

The CLC committee is in the beginning stages of planning a NVC workshop on the weekend of June 9th and 10th. Mark your calendars and watch for more details soon.

Wanted:

Used iPod touch -
Must have blue tooth.
David Weston.
Send me an email, or
ph.250-591-8834.

Fox Trot lessons-
Sharon needs to Fox Trot at
a wedding this summer and
is looking for a patient
teacher with a sense of
humor.

Hellos and Goodbyes

This month we welcome
Judy Hsu into unit 201 and
are saying goodbye to
Nistar, Sheila, Andrew and
Isaiah, Mark, Ting and May.

Please remember to
update your email lists.

Community Council Circle

The CLC committee believes that we can capitalize on the learning that was done at the meeting facilitated by Patrick last January and will be organizing a trial of monthly Council Circles aimed at practising the communication skills we were introduced to and becoming more confident in our ability to discuss issues in our community.

Everyone is invited to participate at the first Circle which will be held on Sunday, April 22nd at 3:30 pm in the dining room. Bill Woolverton will facilitate and child care will be provided if previous arrangements have been made with Shawna Green.

Following the circle we will celebrate our commitment to community with a potluck BBQ at 6:00. Please bring whatever you would like to have grilled and a side dish or dessert to share.

For more information contact Bill, Shawna, Sharon or Norah.

New Library Resources

The CLC committee is happy to announce that some new titles have been added to our resource library, located in the bookshelf in the strata office.

New titles include:

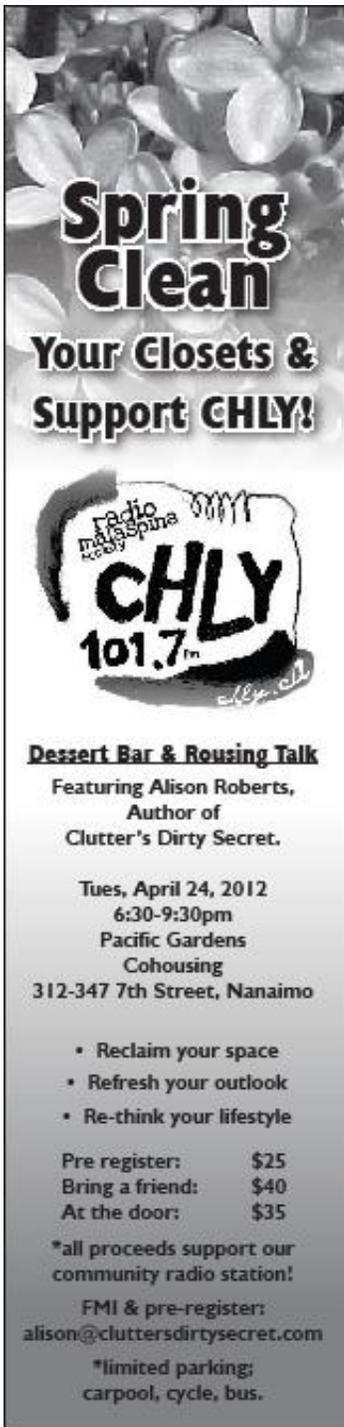
- Emotional Intelligence - Why it can matter more than IQ by Daniel Goleman
- Nonviolent Communication - A Language of Life 2nd Edition by Marshall B. Rosenberg, Ph.D.
- Peace and Power: creative leadership for building community by Peggy L. Chin
- The Circle Way - A Leader in Every Chair by Christina Baldwin and Ann Linnea
- The Joy of Conflict Resolution - Transforming Victims, Villains and Heroes in the Workplace and at Home by Gary Harper
- We Can Work It Out - Resolving Conflicts Peacefully and Powerfully by Marshall B. Rosenberg, Ph.D.

Please feel free to check out a book and learn about new ways to live in community. If you have a resource that you'd like to recommend or donate to the community, please contact Sharon. submitted by Sharon

Work as a Family Helper Wanted

As a Family Helper I work with Children, Seniors, or any age. I have Food Safe training, basic first aid, was a Daycare Teacher, have lots of experience, references, and a criminal record check. I offer help with basic care for family members any age, errands, shopping, outings, cooking healthy meals, healthy lifestyle choices, organization, overnight stays, companionship, pet care, house sitting, and light housekeeping, all done with kindness & enthusiasm ! I am a great multi-tasker ! I charge far less than an agency. I can go to Nanaimo, Chemainus, Cedar, or other areas. Linda Stedfield lindaosman@telus.net 250 2458647

The correct answer to the quiz on page one is (f) all of the above.



Spring Clean
Your Closets & Support CHLY!

radio malaspina society
CHLY
101.7 FM

Dessert Bar & Rousing Talk
Featuring Alison Roberts,
Author of
Clutter's Dirty Secret.

Tues, April 24, 2012
6:30-9:30pm
Pacific Gardens
Cohousing
312-347 7th Street, Nanaimo

- Reclaim your space
- Refresh your outlook
- Re-think your lifestyle

Pre register: \$25
Bring a friend: \$40
At the door: \$35

*all proceeds support our community radio station!

FMI & pre-register:
alison@cluttersdirtysecret.com

*limited parking;
carpool, cycle, bus.

Fundraiser ↑

Alison Roberts believes in the importance of independent media. She has been a member and business sponsor of the Radio Malaspina Society for seven years and currently sits on the Board. Synergy Magazine is the media sponsor and Alison will donate all proceeds to CHLY. A special rate of \$20 is offered to any Pacific Garden residents who are willing to assist at the event. Volunteers to assist with parking, staffing the registration table, and kitchen help is appreciated. FMI check out www.clearoutclutter.com