



## Pacific Gardens welcomes its newest resident.

New parents Ting Pan and Mark Ashby are thrilled to announce the birth of May Kathleen Ashby on July 29th 2011 at Pacific Gardens.

Born at six pounds and eight ounces, May arrived almost three weeks ahead of her scheduled due date of August 18th. Mark was in Vancouver on Wednesday, July 27th when he received the call that Ting's water had broken the previous evening. He was anticipating a two day sailboat delivery across the Georgia Strait, which would have placed him out of contact and with no easy means to return to Nanaimo. "We're both relieved that we got the news on Wednesday night instead of Thursday morning!", says Mark. He hurriedly cancelled his weekend plans and returned to Nanaimo on the last ferry on Wednesday evening.

Ting, who was at work when she confirmed that her water had broken, had other plans for the evening. After receiving the green-light from her midwife and experiencing no labour, she proceeded to the baby shower organized (ironically) for a co-worker who is expecting in September. "I sat on the news as long as I could, because I didn't want to steal Kristy's party from her"; she said. Eventually the news slipped out and Ting's co-workers sprung into action: bringing her home, picking up supplies and even collecting Mark from the 11:30 ferry in Departure Bay. "We're feeling very lucky to have such a supportive and generous group of friends around.", Mark reports.

Thursday was a flurry of activity while Ting experienced early labour under the guidance of her midwife and her doula, Danelle Aurillio, who traveled from Point Roberts, Washington on Thursday. Meanwhile, Mark raced around Nanaimo for a vast list of supplies needed for the home birth that had been planned, but not provisioned.

Ting's labour started at 1:30am on Thursday morning. May was born almost 26 hours later at 3:19am on Friday morning. "I am incredibly proud of Ting. She took total control, staying focused the entire time. She overcame a lot of fear and pain in the process", said Mark. One extra-strength Tylenol was the only medication Ting took during labour. "We feel so lucky to have the birth experience at home as we had planned."

Newly minted grandparents William and Esther Pan and veteran grandmother Moya Ashby will be visiting Pacific Gardens over the coming weeks to meet the newest (and cutest) member of their family.

Ting and Mark and May extend their sincere gratitude for all the encouragement, advice, blessings, gifts and food received over the past weeks. "We feel embraced by the community at Pacific Gardens."

*Sharon Fulton gave us a baby fig tree, which we would very much like to plant in the garden with May's placenta. We will be seeking the advice of the Garden Committee on a good location (and time) for the planting of the tree. We love the idea of a fruit tree and hope that future generations of Pacific Gardeners will have May's figs to enjoy.*



### Lost and Found

- Found on road near road entrance to PGCC, one wicker basket. Describe a couple of its main characteristics and it's yours.

- Found near North entrance of building: small key with coloured loop. Describe the key and we can try it in a lock. If it works, it's yours.

- Lost: Two foot diameter, two inch thick, foamy office chair cushion. Important for medical purposes.

submitted by David

### Quiet Time

A reminder that 11:00 pm has been chosen by the community to be the official quiet time. Please be respectful of others and keep noise to a minimum after 11:00 pm.

submitted by Sharon

### Child Minding Offer

I would like to offer occasional child minding services, mostly evenings, schedule permitting.

I am happy to drive, if anyone wants to shop at Naked Naturals in Parksville and share gas money.

Also starting the last Sunday in September, I would like to start reading stories to children by the fireside couches in the dining room on Sunday nights.

submitted by Roz

Cooptis Interruptus - what happens to a coouser when trying to get from one end of the building to another when on a mission to accomplish something.

### Pacific Gardens Website

Kathryn Hazel and Judy Delogne, our former marketing assistant, have been hard at work updating and revising our website these past few weeks. The pictures of Ian Gartshore's sheds and construction photos from years ago will soon be gone, and in their place will be pictures of happy kids, industrious gardeners, and cheery potlucks! The changes should be uploaded soon, so be sure to check it out at [www.pacificgardens.ca](http://www.pacificgardens.ca).

### Art Bins

You may have seen the colourful garbage bins dotting the streets of the south end neighbourhood. Even though we're from the wrong side of the tracks, the South End Community Association has kindly offered to give us one – or even two – art bins of our choice. All we have to do is take care of them while they are in our possession. There are several to choose from, but they do need to be painted. Maybe after we finish painting the tables in the dining hall, the Pacific Gardens art crew could go to work on our very own art bins. It's been suggested that a good place for one would be at the foot of the hill, where rubbish always seems to find a home....

### And speaking of rubbish....

A fellow from BFI left a message on our answering machine saying he was driving by our property and thought we could use some help with our waste removal. Maybe it's time we cleaned up our act!

submitted by Kathryn

### What Do I Do With It?!

Raw or cooked meat scraps, bones, fat, seafood and its shells all need to go in the GARBAGE and not in the compost.

Please consider not putting it into the garbage until the morning of garbage pickup day, which is Sunday.

Why wait until Sunday you may ask!! Well it will stink but even worse might develop maggots.

One day recently when I went out to the garbage one of the bins was crawling with maggots both on the inside and outside of the bin. This was on a Monday - the day after pickup. It was disgusting but had to be dealt with. Ask me about it sometime.

**Possible Solution:** Put your "unwanted meat leftovers" in a bag in your freezer then put it in the garbage each Sunday morning.

*Do you have other possible solutions or just wish to discuss this? Talk to Mia or Gloria.*



*Pacific Gardens Gothic*



*First annual Pacific Gardens Fun Day*

### **Birthday Box**

I'd love to be able to publish the date of everyone's birthday, however not everyone appreciates having their special day recognized. Please let Doris, our privacy officer know whether you would like the community to acknowledge your birthdate, or the birthdate of your children.

### **August Birthdays**

Mohammed Aug 4  
Sharon Aug 6

### **Unsung Heros**

- A Huge thank you to Richard, Kari, Kendrick, Kaj and the others who are working to keep the landscaping looking its best.

- Many thanks to Mia for being on Butt Patrol and keeping cigarette butts out of our gardens and paths.

- Hooray for Roz! She is building community and making our space beautiful by organizing a table painting project.

- Many thanks to Gloria and Mia for the fun, friendly and informative recycling education.

### **Composting Tips of the Month**

- please add your scraps to the sides of the bin  
- add a armful of leaves or dried grass on top of your scraps.

submitted by Chad

### **Group Covenants**

Several community meetings ago the need for behavioral guidelines was expressed. A group covenant is somewhat stronger than guidelines. It is essentially a mutual promise to interact in certain ways with each other, while recognizing that human beings aren't perfect.

This could apply to our communication (including e-mail protocol and respectful conversations), behaviour in meetings, interaction with other people's children, and treatment of each other's as well as common property.

While the word "covenant"

has religious overtones, and group covenants are used in religious organizations, it has application in non-religious contexts. A group covenant can be as simple or as complicated as the participants want. One approach to creating a covenant is to ask participants what they need from others, what they offer, and resolving the differences through discussion.

submitted by Bill

### **Ride Share**

David and Roz would like to offer a new ride share program.

There is, on the white board, in the community strata office a sign that says, "Ride Share for gas money". Under this we will list the times and days we are going out and if anybody needs a ride they can call us at 753-1712 Roz or 591-8834 David.

### **Handicapped Parking Sign**

Have you noticed the new handicapped parking sign in the parking lot? This is required by the city as outlined in the Development Parking Regulations. This designated spot is for the use of visitors who may require a larger parking space and helps to ensure that they have a space available for them, near the building. The two spaces allotted are across the parking lot from our entrance. Eileen in 303 has the reserved spot on the South side of the entrance and Sheila in 202 has the reserved the South handicapped spot as this is the easiest for her vehicle. Please remember that the North entrance pull off area is for temporary parking only to allow the children use of the paved area to play. We ask persons to please observe and respect these spaces. If in the future if a resident requires a specific spot due to mobility concerns then another reserved space may be made available.

submitted by Norah and Kari

You, your committee, task force, or room team could  
**use this space to communicate your message**  
to all readers.

Consider taking advantage of this opportunity!  
The deadline for submissions to the September newsletter is  
Monday Sept 12th.

Expect the next issue to be published Sept 15th.  
Thanks for communicating.