



Issue Five

The Bloomin' News



December 2011

Where Have all the Wash Cloths Gone?



to the Tune of Where Have All the Flowers Gone

Where have all the wash cloths gone?

From the main floor rest room.

Where have all the wash cloths gone?

They've disappeared.

Where have all the wash cloths gone?

Please return them everyone.

Then we can dry our hands

Then we can dry our hands.

submitted by Norah and Sharon



Recycling Update

Yippee, we see a willingness to deposit washed foam trays into the Recycle bins. Still, we see many more foam trays ready to move out of the orange garbage bins!!! and into comfortable Recycle's "Honour the Earth" bins. Whatever you have to Recycle, dear communitarians, Recycle it with love.

Questions: contact Mia #205 or Gloria #309 phone 591-6482

Did You Know?

In all of BC there are only five places that have machines to Recycle styrofoam. Nanaimo's Recycle Exchange Centre is one of those five places. The clean, washed styrofoam is fed into the machine that grinds and compresses it. The compressed foam is then sent to the Vancouver company that makes it into pellets.

That company then sells the pellets to companies that make it into packaging products - picture frames, moulds etc.

Note: It is no longer usable for "foodsafe" products.

Guess!!

Name the 4 other places (besides Nanaimo) that have Recycle styrofoam machines.

- a) Duncan, Victoria, Kelowna, Gibsons
- b) Vancouver, Duncan, Victoria, Kelowna,
- c) Courtenay, Victoria, Kelowna, Gibsons
- d) Kelowna, Vancouver, Duncan, Courtenay

The answer is in the drawer of the wheeled table in the Recycle Room.

Free Cycle

A group of eager volunteers is doing a redecorating project on the ground floor in front of the elevator and part of the work involves the sanding of the large wooden pillars there. This work has created a large amount of dust. For this reason, the Free Cycle will be temporarily closed until this work has been completed. Please hold on to the treasures you would like to place there, until further notice.

Winter Harp

David has a couple of tickets left for the Winter Harp concert.

Date: Saturday 10th December

Time: 19:30 sharp

Place: Port Theatre

Price each: \$30.00 incl. tax

If interested, please contact me asap. David

Craft Sale

Isaiah, Andrew and Kari invite you to

Crazy Cool Craft Table

Gift items for sale at the lower South atrium.

gift bags heat packs slugs

Tree decorations

caterpillars

RUDOLF NOSES



Community Changes

This month we will be losing 9 community members! Haley from 207 has graduated and is moving to Port Alberni to work on a farm there. Tyler Perkins will be leaving us and Khaled, Aziza, Mohammed, Omar and Nour are also returning to Libya to their home there. We wish you all well and thank you for being a part of our community. Our lives are richer for having had you here with us. So far I do not have any new members coming to take their places. Please call me if you know of someone who needs a place to live.

submitted by Kari



No Scents Make Sense

Our community has a “scent free” policy. We chose this for several reasons. The first is that the designers of this building took great efforts to use only materials that did not off-gas toxic chemicals into the air. Did you know that most new buildings are very toxic because the glues, paints and construction materials give off fumes like formaldehyde. Our cabinets, floors, paints and glues were all chosen because of their non-off-gassing qualities. Air quality was an important design feature in this building.

Research is also pointing to the possible carcinogenic effects of products containing man-made scents. Products do not currently have to be labeled with every ingredient. The ingredients *fragrance* and *parfum* are used to hide chemical formulas that may be teratogenic or carcinogenic.

Another reason that we chose to be scent free is that some moved here because we are highly sensitive to the chemicals in perfumes, glues, cleaning products and many other things. The way that they affect us varies from person to person but for all of us exposure to scented and toxic products produces physical and mental distress. Symptoms range from nausea to sinus problems to dizziness. These can last from hours to days. Scented products are known to cause migraines in some people. Asthma also flares up when the person is exposed to scent.

For myself, I become nauseous and fatigued and my eyes and nose run. Sometimes I get severe headaches. I battle this every day when I get on the bus to go to work. I walk the last two blocks to work just to clear my head so that I can work. Sometimes a person on the bus will have a scented product on that will cause me severe symptoms such that I am ill for the whole day. For me the product that causes the worst symptoms is “Bounce”. If I am outside and someone is using Bounce in their dryer I get instant physical symptoms of nausea and sinusitis. This makes going for a walk an unpleasant experience.

It is great to come home to a building that I can breathe freely in. Unfortunately this is not always the case here. I ask the people of this community to please consider those of us who have chemical sensitivities before using anything with the label *parfum*, scented, *fragrance*, “air freshener”, etc.

I dream of the day when a whiff of perfume in a building will cause us much furor as a person lighting up a cigarette. For me a whiff of perfume is like a slap in the face if the person knows how ill it can make me.

submitted by Kari



Expecting in Spring

We are expecting 142 new community members this spring. Andrew, Isaiah and Sharon have extracted, disinfected, dried and placed in safe storage, 142 Mason bee cocoons which will hatch next Spring in time to do all our pollinating. If you would like to have some of these hard workers placed near your garden plot to increase your yields, all you need to do is purchase, build or source a mason bee house and Sharon will move some bees into their new home in time to pollinate your fruits/veggies/flowers.

submitted by Sharon

An Update on Art Bins

You may recall that the South End Community Association had offered to give us one or two of their art bins to decorate. We can have our choice of which ones to bring home, but they do need to be painted. Now that we've finished painting the tables in the dining hall, perhaps Pacific Gardens artists can use these as their next project. Kathryn Hazel is willing to pick them up if there are any budding art bin artists out there!

submitted by Kathryn



Holiday Decorating

Come help Deck the Halls on Saturday Dec 3rd. Trees will be trimmed and community will be built. Roz has generously offered to organize this event and provide hot chocolate!

Random Acts of Community-Building

Some of you may have noticed the beautiful inspirational messages that have been posted at the entrance to our building and wondered who was doing this random act of community-building. We have heard from reliable sources that it is Shawna Green – thank you!

Thanks, too to Sheila Rigg, for reminding us that we are a scent-free building, and for good reasons – it makes some of us ill, and being scent-free is an essential part of the healthy environment we want to create here.

Special thanks to our Homey Cleaning Crew, led by Tara Thurber, who keep our home bright and shiny clean - it's a huge task in this big building. Tara has even been cleaning under the furniture that people have outside their doors, as well as their entrances – perhaps we could all help our hard-working crew by doing that ourselves, so that more of their time can be spent on spiffing up the common areas.

And more thanks are due to Kaj Jensen, who has been sanding the beams downstairs as part of the initiative to make our entry way more inviting, and for Eileen Little, who suggested it at our last community meeting.

Thanks to all the Pacific Gardeners who are sharing what they are learning about community while living here with all the people at Occupy Nanaimo. We can be proud that members of our community are leading, supporting and feeding this movement.



WHERE WILL SANTA LIVE?

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David Suzuki Foundation

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