



Issue Seven

# The Bloomin' News



February 2012

## Our Active Residents

### Games Night

Last year Chad organized a games night for residents over the winter, with Scrabble a favourite. This year we were slower to get going but have been playing almost every Tuesday since early December, usually in the dining room. We started with Rummikub (or Tile Rummy), and have played chess and various card games, including Bid Whist, Hearts, 500 Rummy and Go Fish. We have had up to eight people at times, necessitating two decks for rummy. It can be difficult to find a game that everyone knows, but people are very open to learning new games. Residents of all ages are welcome.

submitted by Bill



Andrew with his bronze medal

Andrew has been fencing for a year and a half now and really enjoys it. He won bronze medal in a Fencing Tournament at Oliver Wood in December. Also, some time ago, Andrew was in a Claymation class and made a video. Here is the link to Andrew & Adeins "A Lunchtime Story" It's really good!

<http://my.bytecamp.ca/claymation122/>

### "Communication Tool Kit" Workshop

I recently attended Carol Keane's workshop based on "Compassionate Communication" or "Non Violent Communication". Her work is inspired by Marshall Rosenberg's "Nonviolent Communication: a language of life". Carol presented the material in an easy -to -understand format that met my needs for adding more tools to my repertoire of communication skills. She provided us with a number of simple concepts and techniques for connecting to ourselves and others with compassion. Her "passion is to help people live a life that nurtures them and reflects their values". I walked away from this workshop feeling inspired to communicate better in my home, my community and my workplace. My hope is that we will be able to invite Carol to facilitate a workshop here at Pacific Gardens.

submitted by Kari

### PGCC Bowls!

It turns out that we have some pretty awesome bowlers living in our community. On January 18th, 13 community members braved the snowy roads to enjoy a fun game of bowling. Both of our three year olds scored 99, several people threw their first strikes ever, and Jason scored the highest score of the night, 145!

submitted by Sharon

### Yeah for us!

The other day I was working in the recycling room when Leroy arrived, he's the guy who picks up our garbage and our recycling.

I made a comment to him, lamenting that we have such a lot of cardboard every week.

He smiled happily and said "Isn't it wonderful? It shows that the program is working. Just think, all this cardboard used to end up in the landfill."

He then went on to say what a great job we are doing at recycling and wishes that others were as conscientious as us.

He collects garbage and recycling from another multiplex building that is about half our size.

He said they put out the same amount of garbage as us and only 1/10th the recycling.

By the time he left I was smiling and feeling very proud.

Go team go! - Gloria

### Community Meeting held January 14<sup>th</sup>



Kari's thoughts:

Many thanks to those of you who attended the Community Meeting on January 14<sup>th</sup>! We were able to experience a well trained facilitator in action with some of our community issues. He skillfully led us to look at our differences in a new way and then used a "fish bowl" technique for some of us to express our feelings about a situation that had affected most people in the building. We developed a list of "Ground Rules" for meetings and we adopted the list minus one item at our regular meeting on Monday night. The agreement is as follows and will likely be looked at again and amended:

- speak only for yourself
- assume good intentions/faith
- no interrupting
- share the air time
- Enjoy!
- Emotion is welcome, aggression is not
- avoid repetition
- confidentiality when requested

Please think about what is missing in these agreements for you and come to the meeting prepared to add items. Our next meeting is scheduled for January 30<sup>th</sup>.

Bill's thoughts:

I was very pleased that even more residents/owners came to this meeting than to either of the community meetings at the facilitation intensive a year ago. While I have lived with the facilitator, Patrick, and his family at O.U.R. Ecovillage, many others of us remember Patrick from the facilitation intensive last year. Amongst Patrick's many qualities as a facilitator is his ability to adapt to the situation, and I think we saw that during the meeting.

I thought that the first half was interesting, with the differences/similarities piece, but was still looking for something a little meatier. An issue surfaced in the second half that we could sink our teeth into without any expectation of resolution. The discussion highlighted the need for better communication in many senses, and if that doesn't happen outside of meetings we need to find a forum or forums where people can feel safe in bringing up issues, at least to feel that they have been heard. The spiral fish bowl that we used is just one format. There are others we can explore <http://cis.ojaifoundation.org/articles-stories-tips/articles/council-formats> , and there are also sharing circles and heart circles. Shawna and Roz attended a Way of Council workshop the following weekend at O.U.R. Ecovillage, and I think they are looking to apply that training soon.

### Parking, Parking...

It has been brought to the attention of the Accounting/Legal committee that quite often parking spaces close to the entrance are usually filled up first, while those farther away are left empty. This creates difficulties for parents with small children, those with mobility issues, and shift-workers coming home late at night. We would ask that you please leave some spaces close to the entrance for those who need them, especially late at night. Thanks!

Accounting/Legal committee

## How do I get an item on the Agenda of the Community Meeting?

There are 3 ways to get an item on the Agenda: put it on the white board in the Strata office with your name and details beside it, write it into the binder beside the white board with your name and details or talk to one of the members of the Facilitation Team. They currently are: Bill Woolverton, John Carver, Mia Jongkind, Kari Fetherston, Tim Jensen and Kara Brunt. The Facilitation Team meets every 2 weeks on the Wednesday prior to the next Community Meeting. We go over all the items submitted plus items from the last meeting to decide priority on the agenda. We also try and balance the agenda with heavy and light items as well as looking at time sensitivity. Just because you have submitted an item does not mean that it will get on the agenda. Sometimes more information is needed or it is felt that the item should go to a particular committee first or it just doesn't belong on a community agenda. Our goal is to communicate back to you and let you know whether your item is going to be on the next agenda and if not, why it isn't. We may coach you to write a proposal or to sharpen a proposal that you have written.

### koodos:

- to the wonderful person who shovelled our sidewalk of snow on January 18
- to the people who stood vigil over our electric meters and prevented the "smart meters" from being installed
- to Patrick for coming up from OUR Ecovillage to facilitate our community meeting
- to all 28 people who attended that meeting
- to the person who keeps leaving inspired messages at the front door

## FUFON Valentine's Day Fund-Raiser Being Held at Pacific Gardens

I'm sure you're wondering what FUFON stands for - Funny Understanding Friends Of Nanaimo? It's actually the First Unitarian Fellowship of Nanaimo, which, as some of you may know, has about six or seven members and friends living here (the number keeps growing!).

We're putting on a fund-raising dinner for the fellowship in the dining-hall at Pacific Gardens on Valentine's Day, Tuesday, Feb. 14th, from 6-9 pm, and would like to ask your help with two things.

First, we need some help in scouting out accessories and decorations. Specifically, we're in search of white tablecloths for our tables, pink and/or white serviettes (enough for 24 people), Valentine's Day decorations, and long spoons for Eileen's fabulous trifle dessert.

Second, on the evening of the event, we would really appreciate it if those of you with cars could park at the entrance to our property, in front of the wood-chips, or else at the far end of the parking-lot, so there are enough spaces for our guests, some of whom have problems with mobility and need to be close to the entrance. David will be parking his little Blue Echo out front in the space where we'd like you to be, so there's no confusion!

We're really excited about this event, not only because it will be a fun, fantastic evening for our supporters, but it is also a chance to show off our beautiful building to people who share our vision of community.

If you have any questions, please feel free to contact any one of the Valentine's Day seven: Kari Fetherston, Sharon Fulton, Gloria Jorg, Kathryn Hazel, Eileen Little, David Weston, and Bill Woolverton.



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TALK TO KARI 250-713-4680**