

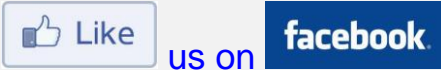


Issue Sixteen

# The Bloomin' News



November 2012



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at

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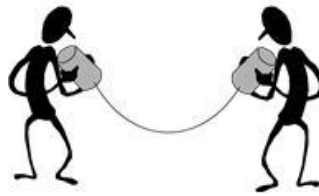
Visit the Pacific Gardens website  
at [pacificgardens.ca/](http://pacificgardens.ca/)

## Cross-country Running Award



After training hard at early morning practices for the last couple of months, Braeden Brunt competed in the Cross-Country running Area race with his school Pauline Haarer Elementary. Four other schools also took part in this area. In Braeden's Tyke division (Gr. 3), approximately 80 children competed. Braeden completed the 1.67 km race, finishing in 36th place in his division. Congratulations Braeden!

## Nonviolent Communications Workshops at PGCC



### Communication Tool Kit-Expanded

Based on Nonviolent Communication by Marshall Rosenberg  
Compassionate Nonviolent Communication (NVC) helps us to connect with and understand others and ourselves. Practicing the four step process helps us express ourselves authentically and listen to others with empathy. NVC introduces us to the importance of valuing everyone's needs equally. We then look for win-win strategies that lead to peace and harmony. Living with compassion and empathy is the basis of most faith traditions. It also forms the core competencies of professions such as education, health care and counseling.

'The intention of NVC is to create the quality of connection with other people and oneself that allows compassionate giving to take place...for the sole purpose of willingly contributing to the well-being of others and ourselves. Marshall Rosenberg'  
During this four week series we will stimulate discussion focusing on the following concepts. The series will have lots of time to practice giving and receiving empathy, listening from the heart and suggestions for weekly practice.

- Intention-setting our intention to connect with ourselves and the other person
- Expensive Emotions-what are you telling yourself about situations that really matter?
- Communication that Blocks Connection-what happens when someone disconnects from us in the middle of a discussion?
- Asking for what you need without attachment

WHEN: Wednesdays 6-8:00 p.m. November 7, 14, 21, December 5, 2012

WHERE: Pacific Gardens- Music Room-347 Seventh Street

COST: 10.00 per week or by donation if funds are a concern

REGISTER: Call Carol at 250-247-9072 or email [keane@island.net](mailto:keane@island.net)

## Welcome to the Sampsons



Today we rented #203 to a First Nations family: Geraldine Jimmy and Troy Sampson. They have three children, but only the oldest, Ryan, was with them today--and I'm afraid I neglected to get the names of the others. The youngest is a girl, 9 years old.

They will be moving in on November 1, which is Thursday, so we can welcome them to their PG potluck.

submitted by Doris

## Talent Show Success



I put on a great talent show on October second in our dining hall and many people from the community performed and watched.

Some of the performances were:

- magic coin card and rope tricks
- funny comedy acts
- some acts involved several kids (and some backed out at the very last minute)

- a troupe doing a yoga class

There was an intermission and cookies baked by moms, were served.

It was a very great talent show and I'd like to put it on again ideas anyone???

submitted by Soma

## Name the Guest Room

"Dear Pacific Gardens Participants in the 'Name the Guest Room' contest.

Thanks for all your wonderfully creative and well thought up names for the Guest Rooms.

Claire, Myriam and Roz talked about all the names and Claire and Roz tallied the results as follows:

4th place was

Dandy Lie In Room and Sandman's Hangout

3rd Place was

Northern Paradise and Southern Oasis

Runner up was

Up Island Room and Down Island Room

And the Grand Prize winners are....drum roll please....

The Mount Benson Room' submitted by Susana Michaelis and known as North Guest Room and 'The Chase River Room' submitted by Roz McKenzie and known as the South Guest Room.

Congratulations to you Susana, and to me too! and we have earned a free sleep over for ourselves or guests, and breakfast cooked for us!

Gee, Susana, should we have a sleep over together and then cook for each other?????...and I didn't even vote for my own submission because I discovered there were so many great names to choose from. How do you like that!!

Thanks everybody and stay tuned for the "Name the Dining Room" contest soon to be put on by Soma and Roz!!!

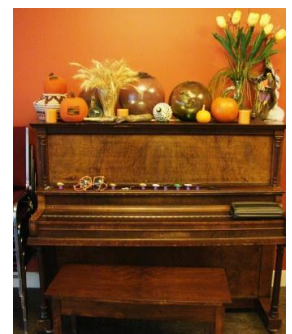
submitted by Roz.

## Garden Visitors



I went out to harvest my tomatoes only to find this little guy hanging out on a leaf. It was a wonderful reminder that we share this land with nature and while it is a place to grow food for ourselves, it is also "home" to all the little creatures who live almost the plants. I guess I won't be pulling out those tomato plants after all.

submitted by Maria



# Our Active Residents



Have Mark and Ting been feeding  
May too many organic carrots?



You need long arms to properly roast  
marshmallows. The fire pit has  
become very popular.



If you can't get arrested,  
get interviewed.