



New Beginnings

Unsung Heroes

Hooray for Sharon Fulton for building community by inviting the idea of a Newsletter to our community and a Congrats to Kara for having the winning name!...



Here is the blueberry pound cake that Kara received for submitting the winning entry.

Gratitude to Norah for her unwavering contribution to the cleanliness of our building. She washes our kitchen, public bathroom and elevator floors weekly and has done since we moved in September 2009. Thanks also to Kaj and Mia for being such steady people in the common spaces. Without Kaj, Mia and Norah this place would not be what it is today. These three people help tremendously to keep our costs down with their constant work in keeping our building and surrounding patios, parking lot, front entrance, gardens and fencing, shelving, curtains, bikes, recycling, and handyman work done and organized... Thank you to Norah, Kaj and Mia.

What is a "time of new beginnings"? When we leave school and college and face the real world? or when we marry or enter a new relationship? Then again when we move? For me throughout my life new beginnings have been happening and welcomed. Leaving my home and family at seventeen to join the military during World War II was my first taste of beginning something new. Not exactly an ideal way to spend one's teen years but there was a world war raging and the enemy was only twenty miles from our shore that itself decided my teen years activities. Falling madly in love with a fellow airman from a far of land, led once again to a totally new beginning. Subsequently I sailed away thousands of miles from my home and family to the Canadian prairies. What price one pays for love?



My first two years on the prairies were ones that I look back on with dread and wonder. How I survived with two children arriving during my initiation into Canadian life? That is one part of my life that I would never wish to repeat. Moving to the city of Calgary was a big relief. We now had running water and a huge blessing: an indoor toilet. Have you ever praised and thanked God for a toilet? In spite of all the enjoyment of the west in Calgary and all these new city conveniences it was time to move again. Alberta Government Telephones moved us to Edmonton. I found myself praising God for TREES after fifteen long years treeless this again was a new blessing. The family grew. We worked hard and were happy in spite of my husband's lifelong dream to be a farmer. The farming desire was fulfilled however when he retired at age fifty five from the telephone company. OK this English city girl was always open to new experiences!! We sold everything and moved again to the "Little Farm" in Cedar.

A very good New Beginning. Full of new life. Thirty four years farming ended when the love of my life passed away. Now I am back to square one when I was last alone at age seventeen. Time to end the story with a move to an old folks home and "Wait for God."!!!!?

continued on next page...

Meditation



Do you want to learn to relax, discover your true inner wisdom, and obtain spiritual enlightenment? Then join acarya (yogic minister) Jaya Deva for free group meditation at Pacific Gardens held each Sunday at 7:00 p.m. in the music room. We commence with kiirtana or devotional dancing and musical chanting, then proceed to meditation, and conclude with interesting spiritual discussions based on tantric philosophy. I am also available for individual meditation lessons at no charge if you wish to experience blissful meditation more deeply.

In addition, as a certified yoga instructor, I would like to teach free (donations accepted) yoga asanas once a week to all community members, most likely in the kitchen area. You will need to wear comfortable clothing and a yoga mat. A specific day and time has not yet been set up, but it will be in the evenings. If you are interested, please contact me and based on consensus, I will choose the best day and time. I hope to see you there!

Sincerely,
Jaya Deva, Ac, RYT
(250) 591-6297



Apologies to Gail who was inadvertently left out of the thank you for putting together the great recycling education that the community is receiving. Thanks so much for contributing to our community in this way Gail!

continued from page one

No! This is not in my plans! At the young age of eighty five I am ready for new beginnings and a new life. There is excitement galore out there and I want to be part of it. The Little Farm is now in the capable hands of new "Green Farmers" and I am happily ensconced in a Cohousing community where there is company all around when I need it and silence and peace to enjoy. Once again I say; "Thank you God!"

by Eileen Little

Pacific Gardens Second Anniversary Celebration

On Friday September 23rd at 3 pm in the Dining Room, we will be celebrating our 2nd anniversary of living at Pacific Gardens Cohousing Community, having received our occupancy permit on September 4th 2009.

Our Guests of Honour for this celebration are Mark and Ting and baby May who was born 'in situ' and have given Norah and I the wonderful idea of showering them with our love as the main event at our anniversary time so we want to host a baby shower as the celebration of our 2nd annual anniversary of living here at Pacific Gardens.

There are some neat treats in store for all, so please plan to come and enjoy this Celebration of Life. Kathryn will be greeting folks at the door and David will be ushering us in with some lovely harp music...We are hoping to have a short video to watch of our opening ceremonies when we first moved in, especially the song that was sung, and some poems to listen to, some gifts and well wishes to give, and tea and coffee and goodies to eat, and possibly the kids will do a little thing... Kara is checking this out...and when we are nearly finished we hope to pass the talking stick around in our circle and hear our voices about our home and all the lovely people that live here and all the wondrous events that happen here at Pacific Gardens.

Norah would really appreciate you contacting her to bring goodies at norah@island.net.

If anyone has any ideas about songs, poems or skits that they would like to perform, please email Roz at rosalind.mckenzie@gmail.com.

Mark and Ting have made a request about gifts below.

We want to thank you for your thoughtfulness. Here are just a couple of thoughts we would like to communicate to the friends and neighbors who are invited to the tea party/shower:

Gifts are NOT expected.

Continued on next page.....



There will be a "Social Hour"
Friday mornings Sept 17 & 24
8:30 - 9:30 Everyone welcome.

Bring your own mug.
Coffee Tea Hot Chocolate
provided & possibly a goody.

Is there anyone out there who would be willing to share the responsibility for hosting the morning social hour? If yes, give Gloria a call 251-6482.



**Where does that little
raindrop go?**

Thursday, September 22
5:15 pm to 6:15 pm
(before the potluck)

Your beaming, purring, "sowers of wild oats" have arranged, for all of you, an interactive water model with table, pipes and levers. You will see with your very own eyes where our precious Nanaimo rain drop disappears to via stormdrains and rivulets. Will it end up in the ocean?

We will also offer a grand, super, "spin-the-wheel" trivia game for all ages to try. Do you care to test your skills on zero waste, ecology and environment?

The Nanaimo Recycle Exchange provides us, free of charge, with this lovely little one hour workshop, which will motivate you, to see your home here in paradise, with new eyes, and to celebrate your capacity to recycle beyond your wildest dreams.....

Wishes, cards, useful handmade things, food, books (infant and adult), gift cards, references, tips are appreciated.

There is a lot of stuff on the market for babies and children, much of it made of plastic, that we are trying to avoid collecting. We think that most everyone in the community is on the same page, but we want to emphasize that your warm wishes are more meaningful to us than anything off the shelves of Toys R Us.

Everyone here at Pacific Gardens is most welcome to attend so mark this in your calendars...

submitted by Roz

CLC News

The Collaborative Living Committee wishes to thank the community for their participation, input and patience with the creation of the new Community Contribution System. Now that this work is coming to an end, we are planning to focus on kick starting groups to work on the issues that were identified at last Fall's Facilitation Intensive Workshop as important to our community members. These issues included: communication improvements, process improvements, behaviour interventions, children's issues and work party improvements.

We would like to remind residents that we have agreed as a community to follow a process when introducing new guidelines at Pacific Gardens. This process includes discussion with stake holders, discussion at community meeting/s, and consensus approval by the community. An outline of this process called "Guidelines for creating Guidelines" is printed in the Guidelines for Community Living binder which is located in the strata office, or by asking a member of the CLC committee.

submitted by Collaborative Living Committee

Community Kitchen Compost Container



The compost container located in the community kitchen is intended for compost from food that is prepared in the community kitchen and for table scraps from meals in the dining room.

Please do not use it for depositing compostable items from your own units., instead walk your own compostable items out to the compost pile located in the South West corner of our fenced area. If you have questions about what to place in the compost pile or its location please speak to a member of the gardening committee, Mia or Gloria.

"Your Turn To Cook"



Here's a suggestion for all of us who would just love to have "someone else" cook your meal one night a week: a group of (at least) eight creative, enthusiastic meal-makers who take turns cooking, two at a time, once a week.

For example, the group might meet on Wednesdays (or any other day the group decides). Every week, two of the eight make a meal for the group to share. The next week, a new pair steps up to the stove (or the barbecue)....

Anyone who is willing and able to babysit for those cooks with kids gets their meal made for them every week, and they never have to lift a finger in the kitchen!

If you would be interested in forming such a group, please contact Kara and as soon as we have our eight together, we can work out the details.

Meet 209



From Left to Right
Bob Wang, Maggie Yuen,
Alex Bi and Cherry XU.

Bob Wang has welcomed new roommates Maggie Yuen, Cherry Xu and Alex Bi into unit 209. The foursome share their Chinese roots and a VIU connection. Bob is finishing his final year in Business, Maggie is tackling English as a Second Language or ESL, Cherry is enrolled in Hospitality Management while Alex has graduated and is currently employed at Quality Foods.

submitted by Sharon



Eggs Anyone?



If anyone is interested in eggs delivered to the door, we have a supplier. These Eggs will cost \$4.00 per dozen.

Note: Heritage breed hens are not "optimized layers": Consequently eggs vary in size from med-large to xxsmall and come in interesting colours. We understand the hens to be well treated and fed. More information here:

<http://www.qlc.ca/poultry.htm>

Contact Sarah: shughes25@gmail.com for more info or to schedule a regular delivery.

submitted by Mark

Pacific Gardens Classified Ads

For sale: Electric Bike.
Very good condition. \$995 OBO. David W.
250 591 8834 OR: djweston35@gmail.com

Wanted: I wish to learn of a source of reasonably-priced driveway gravel. David W.
250 591 8834 OR: djweston35@gmail.com



The picture of Jack and I was taken in 2003, the year he was elected leader of the N.D.P. At that time we only had 14 members of parliament. He led us through four election campaigns to now having 103 members sitting in the house for the NDP, quite an achievement in just eight years. He was a born optimist. This plus his boundless energy was an inspiration for us all. May he now rest in perfect peace.

Laundry Room Etiquette



Each washer and each dryer load costs \$1.00. This payment goes towards the power used by the machines, plus any water heating costs, as well as repairs, replacement or purchase of additional machines. Please use the sheet provided to record your use of the washer and the dryer. Total washer and dryer loads for each user are tallied at the end of the month.

Please use the appropriate amount of low-sudsing detergent specifically designed for front-loading machines. They are identified by an HE (high-efficiency) logo on the detergent container. Regular detergent may affect performance and cause damage to the machine. Please do not overload the washing machine and make sure pockets are emptied before putting clothes into the washer or dryer. Although front-loading machines can handle more clothes than top-loading machines, filling them more than half full may result in incomplete cleaning and fabric damage.

Clothes left in the washer or dryer after the cycle is finished may be removed into a laundry basket. If instructions have been left (e.g. please transfer to dryer) they may be followed, but this is not an expectation. Please do not leave wet clothes in the washer for an extended time as this may contribute to mold. Leaving the washer door open when not in use may inhibit mold. Please remove lint from the dryer filter before and after every load. Use of drying racks in the laundry room is not allowed.

Please be aware of the products you use, as some residents and visitors have chemical sensitivities. Re-usable dryer balls are a safe, environmentally friendly alternative to fabric softeners and anti-lint sheets.

submitted by Bill



Mia in the bike room



Kendrick pruning



The clean up crew

pictures submitted by Gloria

From the Canadian Cohousing Website FAQ.

What is the decision making process?

Decision making and responsibilities are shared by all members. Decisions are made using consensus. This puts everyone on an equal footing, avoids power struggles or political efforts to gain a majority, encourages everyone to participate by communicating openly and provides an opportunity for people to see a variety of points of view. It is a powerful dynamic for building and sustaining community. This model has been evolving for more than thirty years and has been used in the creation of hundreds of successful communities.