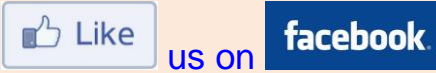




Issue Fourteen **The Bloomin' News**  September 2012



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### Free Furniture!

When Bob Wang and his fellow students left #209 at the end of July, they left the furniture that people had kindly loaned them when they first moved in. Tim Jensen has already put his name on one of the couches, but if you're in need of an armchair and couch set, there's one outside the door of #209 that's yours for the taking.  
submitted by Kathryn

### Coin Collectors?

Braeden in 208 is interested in unusual coins and foreign coins. If you find a unique one in your pocket, he might appreciate it.

### Lost and Found

Please check the Lost and Found in the community Information office because there are 2 pairs of shoes there, and other sundry.  
submitted by Roz

### Meet the Blacks



Our community will welcome a new family this month and Myriam kindly sent this information and picture so that everyone could get to know them.

There are five of us in our family. Kevin and I have been married for nine years and we have three offspring. Trey is 7, Joel is almost 6 and Anna is 3.5.

All three were born in Edmonton but Joel and Anna were both midwife assisted water births. I love to tell people that Joel was born in my kitchen. People are less impressed when they hear it was a planned home birth but I still love to say that. ☺

Kevin was born in Edmonton Alberta and has lived most of his life there. I was born in Quebec.

When I was in Grade 3, my adventurous father hauled the whole family four provinces over and settled in to rural Alberta. Upon hearing that we were moving to BC, my father joked that the apple hadn't fallen far from the tree. I poked back, "I am just finishing the migration. You stopped too soon!"

As a notorious hater of snow, I have been looking for an opportunity to move out to beautiful British Columbia. When I became employed with a company called XForm IT based in Edmonton, I had no idea that I had found my way out of Alberta and into BC. I used to work onsite in Westlock as a Service Desk Analyst for Alberta Health Services but now I get to work remotely. I miss the interaction of my colleagues, but wearing my jammies while dealing with customers is pretty nice too.

Kev is currently looking for work. He is planning a career change. More on that later. ;)

## Birthday Song

I'm not a really big fan of 'happy birthday to you' as a birthday wishes tune. I can certainly see how it's easy, familiar, and gets people in the sing because of this. But really, it's lacking in Love... And not to say we don't all put our Love into it.

A song that I've really enjoyed singing at birthdays over the years is 'Happy Birthday We Love You' which, to me really captures the essence of the depth of wishes on such a special day.

I guess we could get it easy and familiar if we all knew the words, so here it is for all:

Happy Birthday Happy  
Birthday We Love You.  
Happy birthday and may all  
your dreams come true  
When you blow out the candles,  
one light stays aglow,  
That's the Love light in your  
heart where'er you go.

Let's all belt it out in Love next  
month!

submitted by Mykl

## Dearest PG'ers,

This is a note to say the kids and I will be moving out at the end of September. We will miss Pacific Gardens very much, but are excited about the next part of our journey in our new space.

Our big moving date is September 15th, so if any fellow community members feel like supporting us in our move, your assistance moving boxes or the use of a truck would be gratefully accepted. We are also in need of boxes, so if you have any, please let me know.

Thank you for this amazing experience living in Cohousing. We are better people because of it.

with love,  
Shawna, Seamus, Leeland and  
Jessica.

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Our family enjoys nature time. Back home we used to raft and swim down the Pembina River near our home. We also love biking, walking, swimming, badminton, tennis, and just about anything else. We also subsist off of a mostly vegetarian diet.

I enjoy making cakes and had a fairly profitable run at it before I started working full time. Drop by if you are curious to see my album of edible artwork. You can bet you will see the odd one at the weekly pot lucks as well.

I also enjoy reading, writing, painting, drawing, sewing, crafting, yoga and being in nature.

Kevin enjoys physical activity, reading, watching movies and anything related to Star Wars.

Our children love to play with other kids and do love nature. Trey especially loves to climb trees.

They are known to collect items for our nature table and have an appreciation for living things.

Trey is a Type I Diabetic and that means that he needs his diet to be carefully regulated. If you happen to be hosting him, he won't be able to eat snacks or treats unless I am aware of it first.

We are all excited to be here and we can't wait to get to know you all.

Sincerely,  
The Blacks

## Getting to Know Lindsay

"Not-so-new" 311 Tenant, Lindsay McGuire,

Hello Pacific Gardens Co-Housing! First of all, let me send out a great many thanks to everyone in making me feel so VERY welcome! What an amazing "little" family we have here. I'll have most of you know that I am quite elusive, and for that reason, I have not yet met all of you here. Elusive in that I like to put in "the woman hours" at work, volunteer, be active in a great number of sports, social gatherings, and travel as much as my wallet allows. I am only 25 (youngest adult here?), and believe somewhat in that re-used saying, "live each day like it's your last". In stating same, I therefore, celebrated my recent August quarter of a century accomplishment by tandem skydiving in Vernon, BC. There is nothing like being 10,000 feet up to really put things into perspective! My social short-term goal here is to meet everyone by the end of October. Attending the amazing potlucks is aiding me greatly so far! As Mia stated at the birthday gathering, I drive the flashy Mustang, so if you see it parked out front, there is a 98% chance I'll be home. Please feel free to make the journey to the top floor corner bird's nest. I generally always have wine/spirits, and am fascinated by others' life stories!

Regards,  
311 tenant, Lindsay McGuire

## **Request from the Homey Cleaning Crew**

We clean the floors, bathrooms, windows and entrance and anything else we can fit in every week but it is not enough to keep the whole building clean. If you are looking for a way to put in your one hour per week of service to the community please consider doing some cleaning. We have a black binder in the Strata Office with cleaning lists that you can put your name in or contact Kari or Tara to find out what needs doing. Or if you see something that needs cleaning, clean it and let us know what you did. Examples of jobs that need doing are dusting the ledges, cleaning furniture, sweeping decks, getting rid of cobwebs, stairwells and entries...

## **Four Agreements Group to Start in September**

Kari will lead a monthly group that studies "The Four Agreements"

This Group will be based on the book by Don Miguel Ruiz The Four Agreements are as follows:

1. Be Impeccable with Your Word
2. Don't take Anything Personally
3. Don't make Assumptions
4. Always Do Your Best

These simple agreements have changed so many lives for the better that they now use them at Nanaimo Mental Health Services.

If you are interested in joining this group let Kari know. It will be an open group held in the evenings once a month. The weekday will be decided by the membership.

No need to purchase a book.  
submitted by Kari

## **Good Food to Go**

Hi Pacific Gardeners and Friends of Pacific Gardens Cohousing Community. There is a bounty of food from the land these days, and I am once again getting the urge to harvest food, put up preserves, and spend time cooking in the kitchen, so....I am going to be resuming my Monday and Tuesday cooking days at Pacific Gardens certified community kitchen this season starting about mid September with some old favorites and some new menu items.

I am extending an invitation to all my customers to let you know you can start ordering from me again, and I am hoping to increase my cooking skills and products available for you and new customers, so if you are interested in 'good food to go' cooked in our kitchen and priced with your budget in mind, please contact me.

I will be trying new live recipes this year like granola and kale chips made in a dehydrator, fresh sauces like marinara and red and green sauces, from raw cook books...raw food being all the rage these days with delicious recipes... and some more good entrees and succulent soups and stews like brown lentil soup and corn chowder, and veggie, beef or chicken stews with pastry tops and baked goods like cakes and cookies. I am also going to try my hand using quinoa flour for some of my baked goods like muffins and loaves....and if there is anything that you love and really want but have no time to make, just let me know and I shall make it for you.

Thanks once again for your past support, and If you or anyone you know could use this cooking service my contact information follows and I am also happy to deliver outside Pacific Gardens.

Call Rosalind McKenzie at 250-591-6616, or email [rosalind.mckenzie@gmail.com](mailto:rosalind.mckenzie@gmail.com) for menu items, cooking service and delivery of whole, slow cooked and raw foods, in Nanaimo.

Here's to good food, good friends and good days to cook and eat! Yum Yum.

submitted by Rosalind

## **Coming and Going**

We have a new tenant in 304. His name is Liu Xiho Su (English name is Andre) and he is here to study English. He is looking forward to meeting everyone and starting his studies at VIU. 100020040331@hotmail.com

Please also welcome Jordan Wallace in 308, u1011@safe-mail.net

We will also say goodbye this month to Shawna, Leeland, Jessie and Seamus. They leave us at the end of the month. Please help Kaj and Doris find another family as good as they are for unit 203.



## A Wee Gift For You



We have a little prize for the first 10 people who give us an answer to one or both of the following questions.

#1 - What obstacles, if any, hinder you in your recycling efforts?

#2 - What do you think the recycling team (Mia and Gloria) could do that would increase your, or others, recycling efforts?

To be a winner:

Phone 250-591-6482 (Gloria)

with your suggestions;

Leave a hand-written response at #205 (for Mia)

or at #309 (for Gloria);

Talk to either Mia or Gloria or;

Email gloriajorg@shaw.ca

Summer Update:

Your recycling efforts have been phenomenal. The garbage output has greatly decreased.

Our goal for the future is to have even less recyclable materials in the garbage

Together we Reduce, Reuse, Refuse and Recycle.

Congrats to all you wonderful Communitarians.

submitted by Gloria



## Thank You

A big "thank you" to Kaj for rebuilding my crib so beautifully!

I love lounging around and reading my favorite book - The Farm.

- Iris

## Noisy Neighbours

Those of you who live in units facing the parking lot have most likely heard the noisy neighbours on Short Street partying until the wee hours of the morning. Don't worry – there is a safe way of dealing with them. An officer with the local RCMP has told us that we should call the police every time there's a problem. After three calls, the residence belonging to the neighbourhood party animals will be declared a nuisance property, and they will be charged for the cost to the police of attending the disturbance. It works really well, the officer told us – so if you are bothered by loud noise late at night from these folks, feel free to call the RCMP at 250 754-2345.

Submitted by Kathryn Hazel

## Community Contribution System Update

The CCS team has been re-energized by new participants including Clare, Maria, Michelle and Eileen. Watch for exciting new activities that are aimed at engaging the whole community in doing the work necessary to keep our home clean and well maintained while building connections, deepening relationships and having fun!

Please check out the newly posted task list on the window of the Strata office and sign up for your favorite task. If you don't see a task that interests you, come up with one of your own.

If you have any questions please feel free to speak to Bill, Sharon, Mat Brunt, Doris, Clare, Maria, Michelle or Eileen.



Our new garden shed looks great.

Thanks Kaj!

