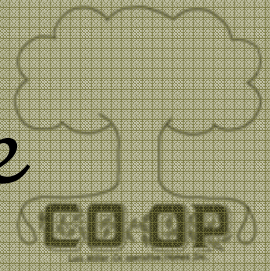


Stepping Stone



~ L O I S M I L L E R C O - O P ~

OFFICE

Monday to
Thursday
1 – 5 pm
5 4 5 - 1 3 7 5
www.loismiller.ca

Valerie Matthews
val@comsvc.on.ca

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SO LONG! (AND THANKS FOR ALL THE FISH...)

As of August 31st, Marc and I will once again be homeowners!

What brought us to Kingston in August of 2005 was a change in career for my husband. As I was at the time a stay-at-home mom and Marc was going back to school for 8 months, co-op living was a perfect solution for us. I've since gone back to school myself and am happy to report that, come September 4th, both Marc and I will be teaching full time in this beautiful city of Kingston.

Having accomplished our goal, it was time for us to move on.



The Virgo Family

However, I must say that I truly enjoyed the quiet, rural feel of this area. Marc, myself and the boys all made friends with various members of the coop and it is unfortunate that we are moving just as the social committee is

about to pick up the pace!

As editor of this newsletter I enjoyed sharing information with you in a creative way and I hope it helped to encourage people to get involved. Peggy, Ann, and Stephen will be happy to continue writing their articles but have declined the role of editor. **Anyone wanting to take on the role of Newsletter Editor should contact the office.**

Regards,
Sara Virgo

FROM THE DESK OF THE PRINCIPAL

Last time I wrote the message from the President, I commented that it felt like I had just written one; same applies this time. I guess time really does fly when you are having fun. Well at least there is no lack of things to report on.

The transition is proceeding as planned. Full automation of the office is near completion. Office telephone system upgrade is almost completed. Parking lots are being re-sealed as I write this and yes, the basketball net is back up. Many thanks to Marc Virgo for spearheading this project for us. Rumour has it that a member has volunteered to paint the court lines. Co-op spirit – isn't it great?

Speaking of the Virgo's, we are losing them as part of the Co-op family. Bad for us, but fantastic for them, new homeowners – lots more room, no one living above them, their own lawn to cut. Kinda makes you jealous. Our best wishes to the Virgo family as they move on.

Mulch has all been distributed at 298 and thanks to all the volunteers who assisted. With this type of enthusiasm we can accomplish tasks which save us money. We are in the process of upgrading the alarm systems in all the buildings with the addition of Strobe Lights for the hearing disabled...long overdue.

Here are a couple of activities to look forward to. Awards Night is September 18th at St. Matthews Church. It will start at 7:00 pm. There will be more details about this very important co-op activity delivered to your door in the very near future. The annual fall yard sale is coming up – more info to your door soon.

The Board continues to encourage the members to submit their comments. Open communication is a big bonus and it is now apparent that it works in all of our favours. Keep on sending them in – the good and the bad. We love to hear from you!

Stephen Hartley



Maintenance Tip

WD40 - As Useful as Duct Tape

Besides duct tape, WD-40® is the only other tool you need in your toolbox. If it's not stuck and it's supposed to be; Duct Tape it! If it's stuck and it's not supposed to be; WD-40 it!

A L'il History for Ya! The product began from a search for a rust preventative solvent and degreaser to protect missile parts. WD-40 was created in 1953 by three technicians at the San Diego Rocket Chemical Company. Its name comes from the project which was to find a "water displacement" compound. They were successful with the 40th formulation, thus WD-40.

The Corvair Company bought it in bulk to protect

their Atlas missile parts. The workers were so pleased with the product, they began stealing it to use at home. The executives decided there might be a consumer market for it and put it in aerosol cans.

This carefully guarded recipe is known to only four people, and only one is the "brew master." It gets its distinctive smell from a fragrance that is added to the brew. About 2.5 million gallons are manufactured each year.

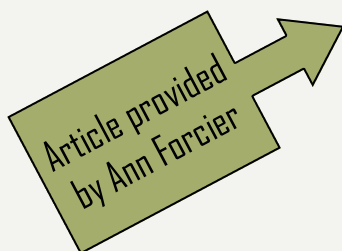
Good for sticky hinges, great as a solvent and absolutely wonderful for cleaning your hands after a dirty job.

TO YOUR GOOD HEALTH *ARE YOU IN A HEALTHY RELATIONSHIP?*

Warning signs of an unhealthy relationship:

- You feel as though your partner controls you.
- Your partner gets mad or jealous if you spend time with other people.
- Your partner makes you feel guilty or scared if you say "no" or speak up for yourself or make your own decisions.
- You are experiencing physical violence or are threatened with it.
- You are forced or pressured into unwanted physical or sexual contact.
- You feel humiliated or continually criticized by him or her.

**It can be hard to end a relationship.
But it can be much worse to stay in
an unhealthy one!**



If you find yourself in this situation, here are some places to call for help; you owe it to yourself and your children!

- Violence Against Women 613-336-8937
- Assaulted Women's Helpline 1-866-863-0511
- Sexual Assault Centre Kingston (SACK) 613-545-0762
- Telephone Aid Line Kingston (TALK) 613-544-1771
- Family Law Information Centre 613-548-6795



Sexual Assault/ Domestic Violence Program

Are you an adult victim (16+) of sexual assault or domestic violence within the last 3-4 days?
Or has your child been sexually assaulted/abused?

You are NOT alone. We can help!

KGH Sexual Assault/Domestic Violence Program offers:

- 24/7 specialized and timely response to recent victims of sexual assault (<72 hours) or domestic violence (within 3-4 days)
- Emergency medical and nursing care
- Testing and treatment for sexually transmitted infections, pregnancy and HIV
- Forensic evidence collection and documentation in the form of the Sexual Assault Evidence Kit and forensic photography
- Crisis counselling - Safety planning - Follow-up nursing care
- Follow-up social work services in the community
- Referral and co-ordination with community resources

Go to your nearest hospital emergency department and ask for the SA/DV Nurse on-call.

Program Information:
Donna Joyce, KGH 549-6666 Ext. 4880



The poor Napanee Pastor was livid when he confronted his wife with a \$325.00 receipt for a new dress she had just purchased. "What made you do this?" he exclaimed. "I don't know," she wailed, "I was standing in the store looking at the dress. Then I found myself trying it on. It was like the Devil was whispering to me, 'Wow, you look great in that dress. You should buy it!'" "Well," the Pastor persisted, "You know how to deal with him! Just tell him, 'Get thee behind me, Satan'" "I did," replied the wife, "but he said 'It looks great from back here, too!'"

GOOD EATING TOMATOES

What a wonderful time of the year for fresh fruits and vegetables! Every February, I yearn for early autumn and a real juicy tomato! Not those red tennis balls they sell in winter. Here are a few delicious layered tomato recipes that also include other veggies that are at their best right now. And, oh yes, how about those great toasted BLT's while the tomatoes are so good.



Tomato Zucchini Casserole (I've been making this one for many years.)

2 medium zucchini
1 medium tomato
½ medium onion
½ cup breadcrumbs
½ tsp each basil, oregano and garlic powder
½ cup grated cheddar
½ cup grated mozzarella
2 tbsp olive oil
Pinch of salt and pepper

Slice vegetables very thin. Combine the breadcrumbs and herbs. Layer half the zucchini on the bottom of a lightly greased casserole dish. Place half the tomatoes on top. Pop out the rings of the onion and place half of them sparingly on top of the tomatoes. Sprinkle ½ the crumb mixture on top. Top with 1 tbsp of oil. Sprinkle all the cheddar on top. Repeat all the layers. At this point, I like to microwave it for about 4 minutes or until zucchini is almost cooked. (It saves time in the oven.) Then place all the mozzarella cheese on top. Bake in a moderate oven 'til cheese is golden.



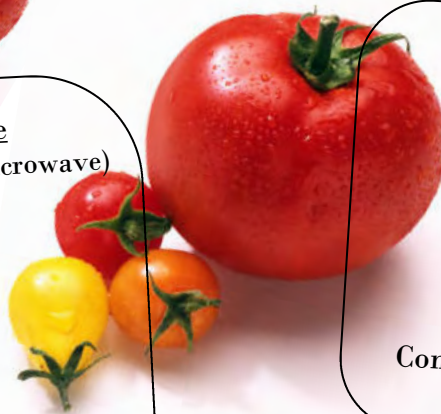
Tomato and Potato Casserole

(Delicious and very different, for the microwave)

1 large potato, cooked and sliced
4 medium tomatoes, sliced
1 clove garlic, crushed
2 tbsp butter or margarine

Place potato slices on a microwaveable dish in a single layer. Top with half the sliced tomatoes and half the cheesy egg topping mixture (right). Repeat with remaining tomatoes and topping.

Combine butter and garlic in a small bowl and microwave for about 45 – 50 seconds. Drizzle over topping. Microwave dish on high until layers are heated through.



Cheesy Egg Topping

½ cup breadcrumbs
1 tbsp grated Parmesan cheese
¼ cup flaked almonds, toasted
2 hard-boiled eggs, chopped
2 green onions, chopped

Combine all ingredients in a bowl and mix well.

Super Salad Substitute

Slice tomatoes in a single layer on a dinner plate. Then slice cucumber in a smaller circle on top of the tomatoes. Next comes some red onion rings over the cucumbers. Add salt and pepper and a sprinkling of good red wine vinegar. Serve very cold, with some fresh basil if available.

Enjoy! - Ann Forcier

Peggy's Pen

Dear me, where has the summer gone? As a retired teacher I still think of September as a New Year, even more so than the first of January. Many people start new jobs and new classes in the fall, and very importantly, this is a time for making new friends. Someone has said, "Make new friends but keep the old. One is silver and the other is gold."

Then, we have October with its many blessings. It is indeed an appropriate time to celebrate Thanksgiving Day. We can be grateful for the on-going process of becoming who we are, for the seasons within as well as without, for the great adventure of life that challenges and comforts us at one and the same time. Let us be grateful for the amazing grace of our history whatever it may be. It is our story.

One of the ways to express our gratitude for life in this great country of Canada is to become

informed around election time and to exercise our privilege to vote, knowing that people in many parts of the world are sacrificing their lives to gain this privilege for themselves and their children.

Provincial Election Day is scheduled for Thursday, October 4th. Let us remember that elected officials are our employees. We are the ones who have the right and duty to make them accountable to us the citizens of this province. How? Many elections are decided by a few hundred votes. Imagine if everyone who does vote could persuade five other people who never voted before to get off their "you know whats" and put an x beside someone's name.

Go to all candidates meetings or call in to television shows where candidates debate. Ask them questions about what

they will do for affordable housing, a living wage, global warming, childcare, healthcare, or whatever is a burning issue with you. Do not allow yourself to become cynical and to think your vote doesn't matter. It does matter. It also gives a good example to your children who are our citizens of the future. After all, if we don't stand for something our children will fall for anything, right? Call elections Ontario at 1-800-677-8683 to make sure you are on the Voters List.

Yes, fall is about new beginnings and about change. As the leaves fall to the wayside it is time to think about calling our provincial government to a change of heart and to a new way of empowering ordinary folks who are not being treated with justice and dignity. Even after the elections we must keep calling the winners to accountability. If we snooze we lose.

Peggy Flanagan



GET TO KNOW YOUR NEIGHBOURS!



I would like to welcome all new members of our coop. Don't be shy, introduce yourselves to your neighbours. This mini-community is much more pleasant to live in when you have friends and acquaintances greeting you (and you greeting them) as you come and go!

Sara Virgo

Green Tip

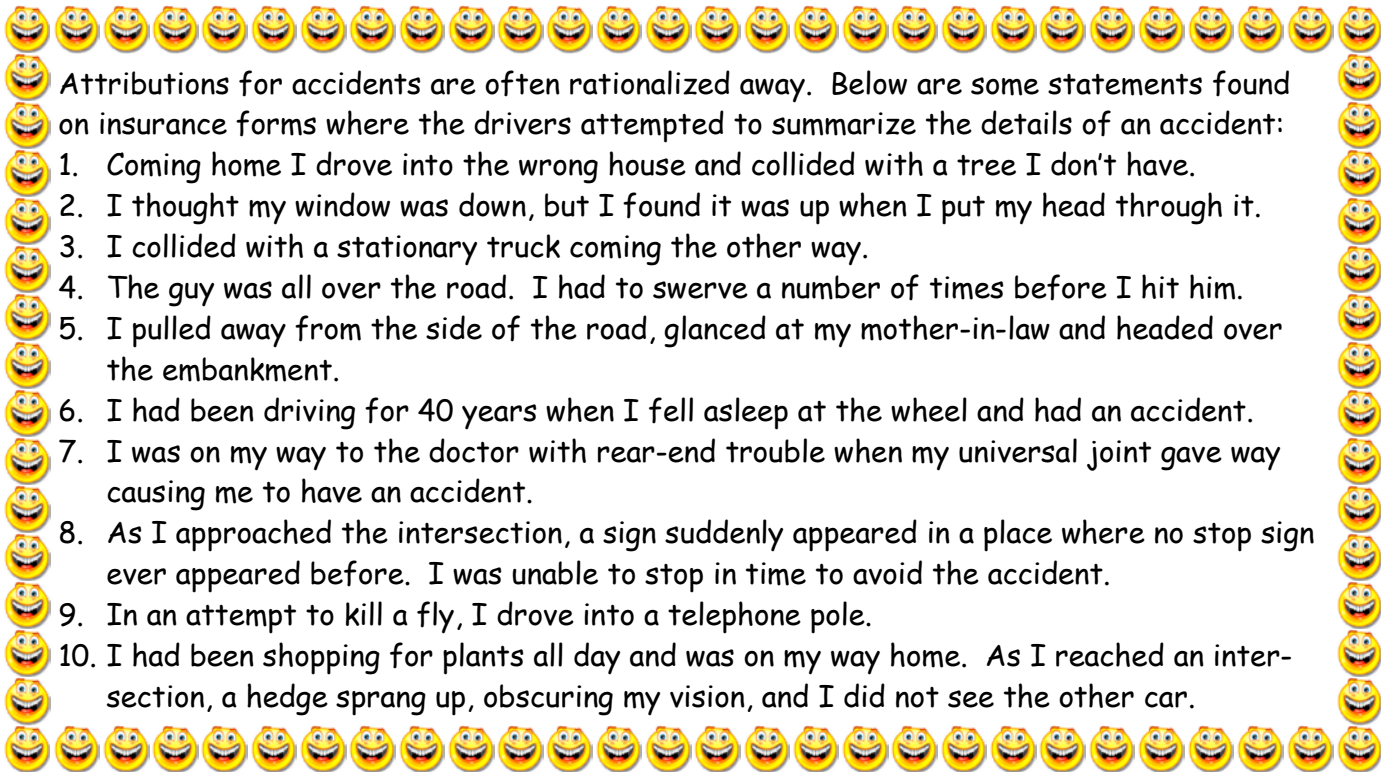
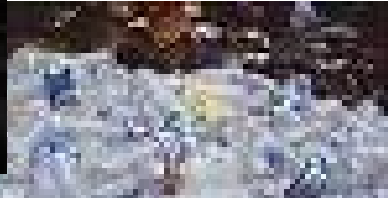
Bottles, bottles, and more bottles!!!

Buy yourself several reusable bottles, fill them with tap water (purified in a Britta if that makes you feel better) and

keep them in your fridge. It is not only cheaper but may prove to be healthier, as you will know exactly what's in the bottle! Plus, it's much better for our environment!

Sara Virgo

Thank you Ann for this month's Green Tip idea.



Attributions for accidents are often rationalized away. Below are some statements found on insurance forms where the drivers attempted to summarize the details of an accident:

1. Coming home I drove into the wrong house and collided with a tree I don't have.
2. I thought my window was down, but I found it was up when I put my head through it.
3. I collided with a stationary truck coming the other way.
4. The guy was all over the road. I had to swerve a number of times before I hit him.
5. I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment.
6. I had been driving for 40 years when I fell asleep at the wheel and had an accident.
7. I was on my way to the doctor with rear-end trouble when my universal joint gave way causing me to have an accident.
8. As I approached the intersection, a sign suddenly appeared in a place where no stop sign ever appeared before. I was unable to stop in time to avoid the accident.
9. In an attempt to kill a fly, I drove into a telephone pole.
10. I had been shopping for plants all day and was on my way home. As I reached an intersection, a hedge sprang up, obscuring my vision, and I did not see the other car.

COMMITTEE REPORTS

BOARD OF DIRECTORS

Stephen Hartley 613-536-1026 shartley1@cogeco.ca

The Board encourages all comments, questions, ideas and/or concerns. We need to hear from you, the members.

MAINTENANCE COMMITTEE

Meetings are open to all. Come on out and show us what you can do for the Co-op. Meetings are the 3rd Wednesday of each month @ 7:00 pm in the common room.

MEMBERSHIP COMMITTEE

Louise Wilson, 613-530-3816

If you have any questions regarding the Membership Committee, give Louise a call.

NEWSLETTER COMMITTEE

The newsletter is a tool to keep all members informed about co-op events and committee activities. It can be used for intra-member advertising and comments on any number of things. It also provides ideas for fun, but cheap activities to be found around the town of Kingston. As this is my last day as a co-op member, this committee will need a new helm! If you are familiar with Microsoft Publisher, please give some thought about taking over this duty. Contact Ann, Peggy or Stephen if you'd like more information about what it entails.

SOCIAL COMMITTEE

Linda Moore, 613-536-0402, tj_44@yahoo.com

We meet the 2nd Saturday of every month @ 10:00 am in the common room. All are invited to attend. Upcoming events are: Annual Fall Yard Sale– Sept 15th, followed by a potluck which is open to everyone and Awards Night– Sept 18th.

CAN YOU SPOT IT?

The 'mistake' in the last issue could be found on page 5. As far as I know, the human race has only 5 digits to a hand! Leslie Muirhead of 242 was the first caller to locate the extra finger. Of the many goodies in my basket, she choose a key ring with a small picture frame in which to insert a picture of her loved ones. We have hidden another mistake in this issue, find it and be the first to call the office to win! If the answering machine picks up, leave your name, number, the mistake you found and the page number on which you found it. Spelling/grammatical errors are excluded and you must be a Lois Miller co-op member to participate. Good Luck!



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"treasurer" in the
subject line.)


Linda Moore
Member at Large
207/298
536-0402





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LEGEND **PAGE 8**

 Euchre Night





 Good Food Box Pick up

 Good Food Money Due (\$)

 177th Annual Kingston Fall Fair
For info visit: kingstonfair.com
or call: 613-542-6701

September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 	7 MS Comedy Night 394 Princess St. 9 p.m. (\$15)	8 Social Committee Meeting 10 a.m.
9	10	11	12 Ambush - 6pm Kingston Memorial Centre	13  	14 	15  Annual Fall Yard Sale
16 Terry Fox Run registration 12 noon  (613) 546-1691	17	18 Awards Night	19 Maintenance Committee Meeting 7 p.m.	20 Newsletter Committee Meeting 11 a.m. 	21  International Peace Day	22
23	24	25 Membership Committee Meeting 1 p.m.	26	27 	28	29 Police Auction 10:00am 60 Rigney Street for info call: 613-536-0401 or visit
30	<h1 style="font-size: 2em;">October 2007</h1>					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 	5	6
7	8	9	10	11 	12	13 Social Committee Meeting 10 a.m.
14	15	16	17 Maintenance Committee Meeting 7 p.m.	18 Newsletter Committee Meeting 4:30 	19	20
21	22	23 Membership Committee Meeting 1 p.m.	24	25 	26	27 Danse Macabre International Horror Film Festival & All Hallow's Eve Ball Visit dansemacabre.ca
28	29	30 Newsletter Production Meeting 4:30	31 The Haunted Walk of Kingston! www.hauntedwalk.com			

Kidz World