

# Stepping Stone

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

## OFFICE

Monday to

Thursday

11 am–5 pm

5 4 5 - 1 3 7 5

www.loismiller.ca

Janet Howarth

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*We wish the best to all over the Holiday Season.*

*The Newsletter Committee*

Peggy



Steve

Rosalie

Sara

Ann

## BOARD OF DIRECTORS ELECTIONS – NOV. 17<sup>TH</sup>

Please note the new Board of Directors members as listed on page 8. Subsequent to the Annual General Meeting, the Board has accepted Louise Wilson's resignation. The Member-at-large position is presently open; it will probably remain open until the General Members Meeting for the Budget but this has yet to be determined. Congratulations to all new members and a heartfelt thank you to those who have devoted much time and effort in filling their duties in the past.

## FEEDBACK

"I actually made last edition's Tomato Bean Soup with Cheddar and it was amazing!"  
Stephen Hartley, Chef

Your comments here...

## AN APPRECIATION OF OUR IMMEDIATE PAST PRESIDENT

The recent retirement of **Lesley Muirhead** from the board of directors of Lois Miller Co-op marks the end of the term of service of our longest serving board member. Lesley had been a director of the co-op since the early 1990s up until the co-op's Annual General Meeting in November. For many years she has also served as our President.

Raised in Sydenham, north of Kingston, Lesley has worked in Kingston for most of her adult life. In recent years she took a senior position in the student mess at the Royal Military College. There, she has helped many students through the difficult rigors of student life with her firm

but helpful attitude.

Lesley, as President, took on the important responsibility of leading the co-op. She has always felt that our co-op could accomplish many worthwhile things if we worked together to improve our community.

Over the years, our members have certainly sought Lesley's help or advice on both personal and general co-op issues. We have all valued her advice as we worked through various challenges and improvements to our co-op.

Lesley has always been a feisty co-op leader. She has often found herself in the role of mediating difficult member issues when they

arose. She has kept a close ear to the ground to deal with the small co-op issues before they turned into much larger ones.

Lesley has not finished her career with us quite yet! Upon her retirement as a director she kindly agreed to assist the board in a non-voting capacity in the new role of "Past President". It remains to us, the Lois Miller Co-op community, to recall Lesley's service and leadership example as we continue to make the co-op a better place for all those who live here.

*Dave Jackson*

## LAUNDRY ROOM MANNERS

We have all recently received a flyer called "Laundry Room Manners". Hopefully, we have all read it and have applied the suggestions to our activities in the laundry room.



These guidelines were finalized by the Membership Committee and distributed after receiving approval from the Board. They will replace the existing ones in the move-in package given to new members and will be posted in each laundry room.

## MEET YOUR NEIGHBOUR STEPHEN HARTLEY



Stephen Hartley  
“or, as I like to call him,  
SUPER STEVE”

When I went to talk to Steve about this article, I was prepared to spend some time with him because I know he has had quite an interesting life. However, I was completely surprised at the scope of his undertakings. I left his apartment exhausted! If I wrote down all of the activities he spoke about, it would probably take up the whole Newsletter. So I have had to summarize.

Stephen Leslie Hartley was born in the early 1960's in Scarborough, ON. He has four siblings. His family moved to Kingston when he was an infant, so he spent his youth here. He attended several schools, some of which no longer exist. At the ripe old age of 12, Steve took a job at the Pine Ledge

Inn as a dishwasher. The Chef at the Inn asked Stephen what kind of a job he really wanted and he replied “Yours”. From then on, the Chef took Stephen under his wing and taught him all about the world of cooking. Steve loved it and worked hard. By the time he was 16 years old he became a Certified Chef.



The next few years passed quickly. Steve worked his way up to Executive Chef while managing a resort in Alberta. He worked with the Boy Scouts, coached sports and won many blue ribbons for cooking competitions. Although he enjoyed his stay out west, he eventually returned to Kingston and was hired by Arby's to be Assistant Manager. His next move was to Trenton and then to Orangeville, still employed by Arby's.

While he was in Orangeville, he started working with young offenders through Corrections Canada. He learned a great deal about the subject by ‘on-



the-job' training. This interested him enough to leave Arby's and devote himself full time to working with developmentally challenged adolescents, mostly autistic. He had found his niche! He enrolled in George Brown College and got his diploma in Abnormal Psychology and American Sign Language. He also took credit courses in Finance. Steve spent 3 years working with youth and he loved it, but the burnout rate is very high in that field. So he decided to move on to another area of interest.

Steve spent the next 6 years working in the Finance Department of several well-known corporations. It was at this time that he lived in his first Co-op. It was the Terra Cota Co-op in Erin Mills where he was very active working on the Maintenance Committee, Social Committee and Kids Social Committee. He then moved to Ottawa and took yet another course. This time it was in Hotel Management. It was while in Ottawa that his health began to deteriorate. Before long he was confined to a wheel chair. After the usual battery of tests, he



## MEET YOUR NEIGHBOUR—CONT'D

was finally diagnosed with Multiple Sclerosis. He relocated to the Pontiac Region of Quebec in order to take advantage of the Health Care services in that province. And yes, he went to language school to learn French! This was a very low period of time for Stephen. He didn't work for four years. He made some pin money by repairing computers.

Eventually, he took a position as Executive Director of a non-profit charitable organization, which helped people with life skills, such as shopping wisely, budgeting, cooking balanced meals, etc. He worked at this for several years.

While all this was happening, (as if he didn't have enough to do), Steve and a friend, with the help of a government grant, founded a not-for-profit group called Chef Pontiac. The purpose of this group was to employ as many people as possible because the unemployment rate was so high. The workers went into the forest and brought back plants and other living things. Steve and his partner then extracted oils or dehydrated the plants so they could be edible. What an imaginative undertaking! Have you ever heard

of Sumac candy? Steve has promised to make us some next fall.

However, his health began to deteriorate again so he came back home to his family in Kingston. He is eternally grateful to his family for all their love and support over the years. He couldn't have done it without them. As time passed, his health improved somewhat and he moved into a Home-based housing apartment on Conacher Street. He had a great time there. He enjoyed his neighbours and organized games and BBQ dinners.



Steve also established a Newsletter. Unfortunately, a one-bedroom apartment was no longer enough for him and his medical equipment, plus the fact that he required a caregiver to occasionally stay overnight.

So he looked for a two-bedroom apartment and that's when he moved here. We are quite fortunate to have him with us. His expertise in all areas of Co-op living is very valuable to all of us. Even though he has only been here for a few months, he has made

lots of friends and is quite happy working with us on committees. He is part of this Newsletter Committee and the Social Committee. He has also served on the Accessibility Advisory Committee for City Council and is currently sitting on the Accreditation Committee for Para Medical Health Services.

While all the above was happening, Steve was married twice and divorced twice. He lives at 298 with his dog Oscar and cats Zoe and Chloe. And, just in case you thought his studies were over at this point, you would be incorrect. Steve is currently working on his Masters in Theology (Anglican) by a correspondence course and is aiming for his PhD.

So if you should see a certain wheelchair whizzing past you on its way to some important meeting, just remember it's not a bird or a plane, it's, well, "you know who"!

*Ann Forcier*

*Since this was written, Steve has been elected to our Board of Directors.  
Congratulations Steve!*



## GOOD EATING

*At this time of the year, we are always bombarded by advice as to how to avoid putting on those extra pounds during the holidays. Who are we kidding??*

*We are going to enjoy the season and take care of the consequences later.*

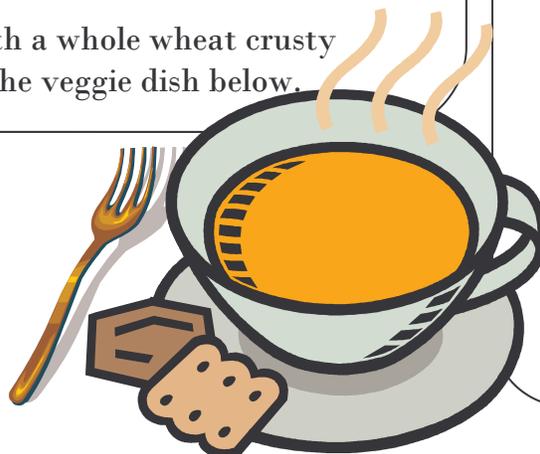
*Here are a few suggestions to help you outwit the Sugar “Plump” Fairy after the holidays!*

### Barbecued Ham Slice

½ cup ketchup  
3 tbsp finely chopped onion  
1 tbsp Worcestershire sauce  
2 tsp lemon juice  
2 tsp prepared mustard  
½ tsp chili powder  
1 ½ lb. fully cooked ham slice, cut 1 inch thick and fat trimmed

Bring all ingredients, except ham, to a boil then remove from heat. Slash edges of ham, remove any fat and brush with some sauce. Place in unheated rack in broiler pan. Broil 3 to 4 inches from heat for about 5 or 6 minutes on each side brushing with sauce.

Great with a whole wheat crusty roll and the veggie dish below.



### Clear Herbed Tomato Soup

*This will really warm you up on a cold winter day. Just heat the following ingredients and serve in a large mug. Garnish with a few lemon slices.*

2 ½ cups of tomato juice

1 10-oz can of condensed beef broth

1 tbsp lemon juice

1 tsp Worcestershire sauce

¼ tsp EACH of dried basil and thyme.

### Tangy Vegetable Vinaigrette

1 tbsp cornstarch  
1 tsp dry mustard  
1 cup cold water  
¼ cup vinegar  
¼ cup ketchup  
1 tsp Worcestershire sauce  
½ tsp salt  
1 tsp prepared horseradish  
½ tsp paprika  
Pinch of garlic powder  
Your favourite veggies such as cauliflower,



carrots, cucumber, celery, green onion, zucchini, etc.

Combine cornstarch and mustard. Gradually add in cold water. Cook and stir until thickened and bubbly. Remove from heat and cover surface with waxed paper. Cool for 10 to 15 minutes.

Meanwhile, thinly slice your vegetables until you have about 4 cups.

Add the rest of the ingredients to the cornstarch mix and combine well. Add all the vegetables and refrigerate overnight. Serve vegetables on a bed of lettuce. (This makes quite a bit, so you may want to cut the recipe by half.)

## Peggy's Pen

Christmas is coming! Another year at the co-op has almost passed, and soon we will be welcoming the New Year of 2007.

Perhaps it is time to reflect on the past year, what it held, what it gave, and what it took away from our lives. Although we all have our individual families, relationships, responsibilities and other concerns, we also share life in this co-op. For some, it has meant the addition of new members, not only to the co-op, but also to a few families. The faces of these new babies have certainly lit up my day on more than one occasion.

We also have loses in common, as I am sure I am not alone in missing those who have moved out of the co-op, as well as those who have died after coping with severe illnesses. When we look at our beautiful memory tree let us remember that we are all the better persons for having known them

Here are a few questions we might ask ourselves at the end of 2006.

*What  
am I most  
grateful for as I  
review the year?*

How was my journey of the past year?

Did I become wiser, more hopeful or not?

Who were the people that influenced me for the better?

How did I contribute to the co-op to help make it a better home, where members care for one another and help to make it a good place to live and bring up children?

What am I most grateful for as I review that past year?

How did my experiences of the past year affect the world in which I live?

The happiest co-op members, in my experience, are the members who take an interest in the appearance of the buildings and grounds, who faithfully perform their duty roster responsibly, and who take time to greet their neighbours with a smile.

What about a few questions concerning the year ahead:

What gifts do I bring with me into 2007?

Of what am I afraid as I enter a new year?

What is my greatest need for the coming year?

What do I hope to contribute to society, and in particular to the co-op, in this coming year?



Perhaps there is no better time to dwell on peace than at the onset of a new year, especially since there has been so much emphasis placed on violence and war over the past months.

As part of my peace pondering I have revisited the ancient practice of folding paper to make peace doves using the Japanese art of origami. I wonder if any of my neighbours would like to learn how to do this? If so, call me and we will set up a little paper-folding session. We could hang our peace doves from the lobby ceilings to remind us all to pray and work for peace within our lives and within our world, during 2007. If interested, call me at 613-531-0554.

Christmas Blessings, and Peace be with us all,  
Everyone



*Peggy Flanagan*

# BULLETIN BOARD

(CO-OP MEMBERS ONLY)



Welcome to all the new members who have joined our Co-op in the months of November and December. Let's all help them feel at home here.



## JOCUS TOYS AND GAMES

**Sara Virgo**, your Jocus consultant  
 (613) 530-3659 (weekends)  
 or saravirgo@sympatico.ca



**L**arge articles to throw out? Call **Lucien Mercier** at 544-8105. He will also help with moving chores or do small jobs around your apartment. Very reasonable rates.



**W**indow cleaning — Are your windows in need of cleaning before winter comes? **Ray Giffin** of 103/234 will take them out and clean them, pane by pane, inside and out, for a reasonable price. Just come knock on his door.



**R**oam's Home Baking — Assorted special occasion cakes and baked goods. Call **Amanda Stewart** at 544-1241 or email at [amandassweettreats@hotmail.com](mailto:amandassweettreats@hotmail.com)



If you are expecting or have recently had a baby, please let us know so we can acknowledge it in here.

IF YOU WISH TO HAVE YOUR SERVICES OR  
 PRODUCT ADVERTISED,  
 CONTACT SARA @ 613-530-3659

COMMITTEE REPORTS

B  
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Stephen  
Hartley  
President  
202/298  
536-1026

Rosalie  
Armstrong  
Vice-  
president  
402/234  
530-3736

Sharon  
Long  
Secretary  
303/242  
542-2914

Jim Nairn  
Treasurer  
402/242  
483-8654

Open  
Member at  
Large



**BOARD OF DIRECTORS**

We would like to send out our best wishes to all for the holiday season and the year to come. We know that 2007 will bring changes and look forward to working with all of you to ensure this happens. Concerns and/or questions? Speak to a Board Member or drop us a note in the Board Mailbox, which the Board Secretary will check weekly. We WILL get back to you.

**MAINTENANCE COMMITTEE**

If you have any maintenance issues, please call the office at 613-545-1375.

**MEMBERSHIP COMMITTEE** (Ann Forcier, 613-544-3503)

As of January 1, 2007, Ann Forcier will be stepping down as Chairperson of the Membership Committee after serving in that capacity for six years. Ann believes that it's time for someone new to head this committee. She would like to thank the members for their support and their hard work.

**NEWSLETTER COMMITTEE** (Sara Virgo, 613-530-3659)

Suggestions and articles can be dropped off at the office by February 9th. We read all submissions, however the newsletter space is limited and regrettably, we may not be able to publish all submissions.

**SOCIAL COMMITTEE**

The Committee is working hard to bring new activities to the Co-op. With the Festive Potluck over and done with, we look forward to the New Year. Check your January Calendar and see what might interest you. Come on out enjoy – have some fun. If you have questions and/or concerns just pop into one of our Committee meetings the 2nd Saturday of each month or just speak to a committee member. We are here for you!

**CAN YOU SPOT IT?**

The 'mistake' in the last issue could be found on page 7 with the title being "Building" Board instead of Bulletin Board. We have hidden another mistake in this issue, find it and be the first to call the office to win a small prize!!! 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!



# FUN WORLD



## MAZE! FACTOR 3

Find your way through the maze by circling the numbers that are divisible by 3. But watch out for dead ends, which you can mark with an X. Solution, in the next Newsletter.



FINISH  
↑



START →

7	53	15	53	63
21	37	42	86	54
3	43	16	18	31
13	27	9	14	72
29	67	35	23	55

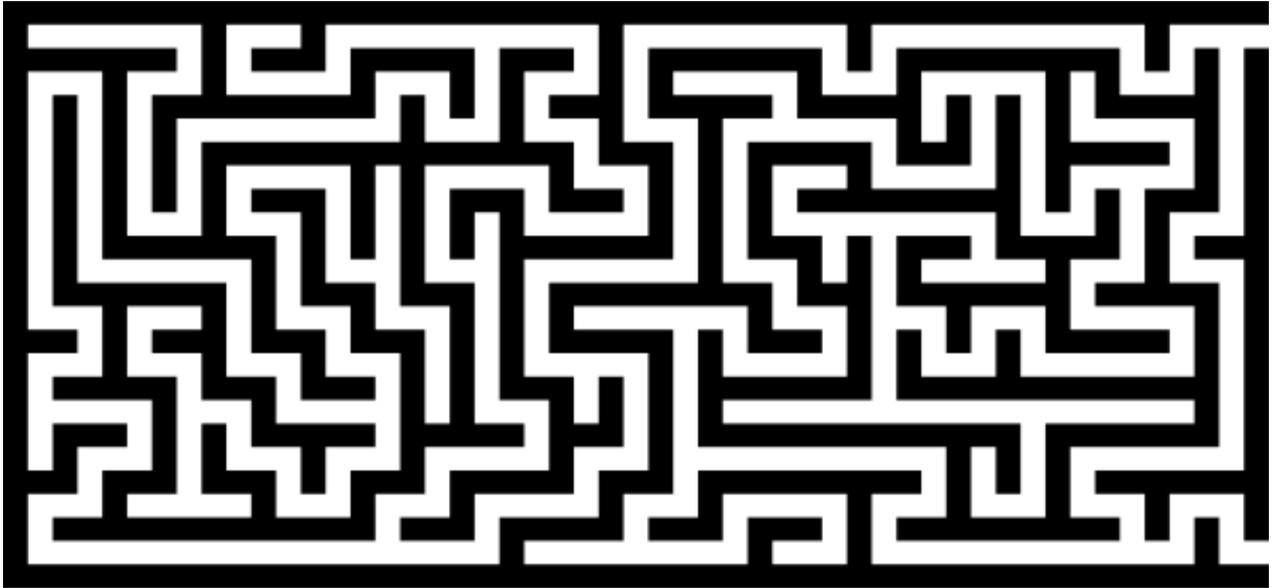


## WORD SEARCH

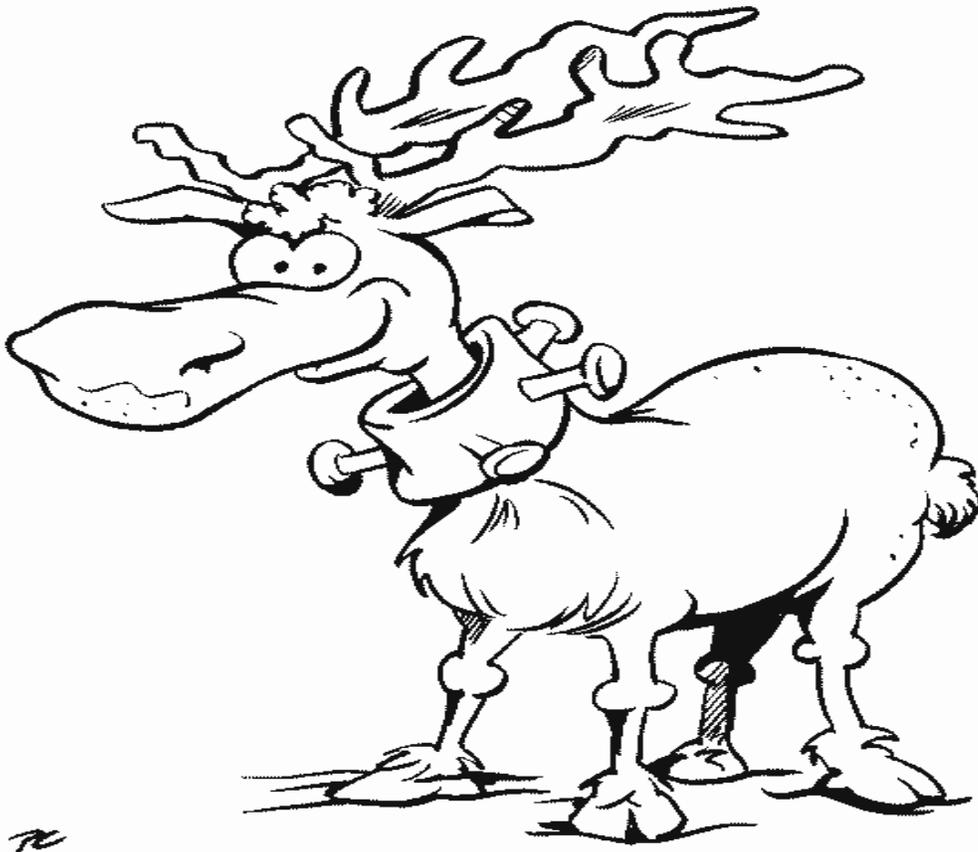
ANIMALS OF THE WORLD  
P.J. BARRY

LES	A	E	W	E	F	E	R	T	C	O	B	Animals	Antelope	Bear
S	E	L	R	M	E	E	R	K	A	T	E	Cat	Cougar	Dog
K	C	M	U	C	R	T	T	L	C	O	E	Dolphin	Elephant	Emu
O	O	E	M	R	A	G	U	O	C	S	K	Ferret	Fly	Frog
P	R	A	E	I	A	T	S	E	O	E	A	Jagaur	Kangaroo	Koala
L	A	T	L	T	N	L	R	O	O	L	N	Lemming	Lemur	Llama
S	N	R	M	A	A	G	G	O	N	E	G	Manatee	Meerkat	Mongoose
L	G	E	R	M	A	N	S	H	E	P	A	Monkey	Oscelot	Parrakeet
L	U	A	I	A	O	L	A	E	S	H	R	Parrot	Raccoon	Rat
U	T	N	B	M	K	S	F	M	W	A	O	Seagull	Seal	Tarantula
G	A	M	A	L	L	E	C	L	T	N	O	Weasel	Whale	Zebra
A	N	T	E	L	O	P	E	E	Y	T	O			
E	G	M	O	N	K	E	Y	T	L	D	S			
S	U	E	T	T	N	N	I	H	P	O	D			
R	U	S	E	D	W	P	A	R	R	O	T			

HERES' YOUR MAZE!  
Can You Solve It



COLOUR ME!!



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