

Stepping Stone



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

OFFICE

Monday to
Thursday
10-12 & 1-5
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Valerie Matthews
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FROM THE DESK OF THE PRESIDENT

The year is almost over and when one looks back it is amazing to see all that has been accomplished. The flip side of this is looking forward to the New Year, about what we hope to accomplish.

Our major accomplishment in 2007 was the dissolving of the Tri Services Agreement and striking out on our own. Hiring a new staff member and bringing the office up to the 21st century were also steps taken in the right direction. It certainly has been a bit of a bumpy ride but one well worth it.

Another step taken was to ensure that there are no more quick fixes. If it is broken then it is repaired properly or replaced. Our buildings need attention and we are trying to ensure

that they get it.

Upgrading our fire alarm system was past due. The old system did not take into consideration the hearing disabled. It does now.

The office hours are now more accommodating to the members as well as our contractors.

The new year will be just as rewarding to all of us. With the windows, doors and floors to be replaced in many units which we anticipate should start in early spring.

We will also be tendering out more of our contract services so that we ensure we are getting the best value for our dollar.

By-laws and Policies are being reviewed to ensure

that they are up with the times and politically correct. If they prove not to be they will be revised and/or repealed, and if by chance it's a by-law, the revision/removal will be brought to the general membership for approval.

May the new year bring you nothing but good health and happy days.

Stephen Hartley



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Steve would like to wish you all the best in the New Year. Peggy
Be safe and Happy!

Ann

HAPPY NEW YEAR

Top Ten Resolutions

One of the Internets' sites

www.123newyear.com

The fresh beginning of a spanking New Year is further augmented with the charismatic presence of the top 10 New Year resolutions which makes the New Year to ideally reflect the changes that one wants and needs to make to create a Happy New Year in almost every sense of the term.

The significant presence of the top 10 New Year resolutions is basically the procedure to follow the changes whilst taking lessons from the past. So let us greet this New Year whilst taking the top 10 New Year resolutions to make the beginning a real jazzy one.

1. **Be Healthy:** Let us welcome this never experienced year with a New Year resolution of getting in shape and to be healthy and fit. Planned dieting teamed with regular exercising is the key to shed those extra calories and to be in perfect health throughout the year. Take this New Year resolution to be healthy and feel the difference of glowing health.
2. **Spend more time with family:** Make that little difference with your presence amidst your family and dear ones. Take this New Year resolution to spend more time with your family and bring back the joy of bonding to your mundane life.
3. **Quit Smoking:** shake off the bad habit of smoking and say goodbye to smokes. Take this New Year resolution of quitting smoking and feel the pleasure of a smoke-free world.
4. **Quit Drinking:** why not, to greet the New Year with the resolution of quitting drinking which will lead to a healthy life.
5. **Enjoy Life More:** Get out of the stress of daily chores and enjoy the spirit of living an easy life. Take this New Year resolution of enjoying life more to take the maximum pleasure out of this New Year.
6. **Get Out of Debt:** Make this year a debt free year. Repay all your debts and start saving from this year. Take this pledge of getting out of debt on this New Year to mark this New Year of security.
7. **Learn Something New:** Have you vowed to learn something new in this New Year? It will help you in every way. Be it to plan out your career or be it in your personal life, take the pledge of learning something new this New Year and enjoy the difference.
8. **Go for a Vacation:** Get out of the drab chores of routine life. Take this New Year resolution to go for a trip and to plan a vacation to make this New Year diverse from the other years.
9. **Help Others:** Lets take a popular and non-selfish New Year resolution of helping others.
10. **Get Organized:** lets take this New Year seriously and take the vow of getting more organized and pre arranged to be professionally successful.

As mentioned in "To Your Good Health", here are a few recipes that can help reduce the risk of developing Diabetes. However, who said that healthy meals have to be tasteless! These are really delicious. Give them a try.

Vegetable Beef Barley Soup

- 1 tbsp vegetable oil
- 2 tsp crushed garlic
- 1 medium onion, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 2 cups sliced mushrooms
- 3 cups (approx.) beef stock
- 1/3 cup barley (pot or pearl)
- 1 medium potato, peeled and diced
- 4 oz. stewing beef, diced
- 2 tbsp chopped parsley



In a large nonstick saucepan, heat oil. Sauté garlic, onion, celery, carrots and mushrooms until tender, approximately 10 minutes. Add stock, barley, potatoes and beef. Cover, reduce heat and simmer for about 1 hour or until meat is tender and parsley and potatoes are cooked.

Potato Wedge Fries (kids love this one)

- 3 potatoes
- 2 tbsp olive oil
- 1 tsp minced garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp paprika or chili powder



Brush baking sheet with oil and pre-heat oven to 375 degrees. Cut potatoes into wedges. Combine the oil and garlic in a small bowl, and the cheese and paprika in another bowl. Brush wedges with half the oil mix and sprinkle half the cheese mix. Bake for 20 minutes. Turn the wedges and add remaining oil and cheese. Bake for another 20 minutes or until potatoes are tender and crisp.

Enjoy! - Ann Forcier

Skillet Pork Stew

- 1 lb. Pork shoulder, cut into cubes
- 2 tbsp all-purpose flour
- Salt and Pepper
- 2 tbsp vegetable oil
- 1 onion, coarsely chopped
- 1 cup apple juice or water
- 2 tsp Dijon mustard
- 2 tsp vinegar
- 1/2 tsp dried thyme
- 2 carrots, cut in 2 inch pieces
- 2 apples, peeled and chopped
- 5 small potatoes, quartered
- 1 cup frozen peas

Place meat, flour, salt and pepper in a bag and shake to coat. In a large skillet, heat half of the oil over low heat and cook the onion for 5 minutes. Transfer to a bowl. Heat remaining oil over medium-high heat and brown pork in batches if necessary. Add more oil if needed. Add to bowl. Pour apple juice into skillet and bring to a boil, scraping up brown bits from bottom of pan. Stir in mustard, vinegar and thyme. Return pork and onion to skillet. Add garlic, carrots and potatoes. Cover and bring to boil. Reduce heat and simmer for 15 minutes or until meat and vegetables are tender. Stir in peas and apples. Cook for an-



Chinese New Year

New Year also known as the Lunar New Year or the Spring Festival is one of the traditional Chinese Holidays. It is celebrated on the first day of the first month of the Chinese Calendar. This year Chinese New Year falls on February 18, 2008. Celebrated internationally, Chinese New Year is the most important holiday of the Chinese people, and many East Asians such as Mongolians, Koreans and Vietnamese who have holidays, which fall on the same day.

Peggy's Pen

Happy and Blessed New Year one and all!

Some people like to make resolutions such as to stop smoking, to go on a diet, to exercise more or to learn a new language or craft.

May I make a gentle suggestion that might catch your interest?

I have heard a few folks say they are interested in a Tai Chi exercise program but are unable to afford the time or perhaps the fee.

I, myself do not belong to a Tai Chi class but I do enjoy a gentle individual daily exercise called **SHIBASHI**.

What, you ask, is SHIBASHI? SHIBASHI emerges from the oriental religion of TAOISM, which dates back to the 6th century B.C. in China.

Some people think of SHIBASHI as a gentle body-prayer. However, it is now not associated with any formal religion.

The gentle experience of SHIBASHI is attuned to cosmic energies. It uses the natural healing energy in the palm of the hand to send healing blessings to all of creation.

The simple harmonizing flow brings about an awareness of the Sacredness of Life. It helps us to be aware of the Presence of the Creator within and all around us.

There are 18 healing movements that are each repeated once, making 36 in all. If that seems a lot it is, at first, but as we continue in the practice of SHIBASHI is doesn't seem long at all.

Each movement corresponds to something in nature. For instance: *Waving Hands by the Sea* or *Wind Rustling the Leaves*. It is best to do the exercises outside but may also be done indoors. I often do them on my balcony and even in the swimming pool. People, who find it easier to do so, can do most of the exercises sitting down.

If I hear from at least two people before the 14th of January, I will give an introductory lesson to anyone of any age who is interested in the art of SHIBASHI. Follow up events would probably take place either about 7:45 a.m. or 5:45 p.m. and would be about 15 minutes in duration.

There is no fee. My number is 531-0554. My e-mail is peggy.flanagan@providence.ca

Shibashi will not help you to lose much body weight but it may make your spirit lighter.

Would this not be something new, healthy and fun to learn, and a good way to begin or end a busy day?



Shibashi means 18 movements in Chinese



Lois Miller Website

To those of you who did not know, we do have a website. There are numerous links and information for you to look at. If you have any suggestions on improving the site, just jot it down and drop it off at the office or email your suggestions in. Check us out here:
www.loismiller.ca

ENVIRONMENTAL MUSE

(submitted by Annie Hogan)

7 THINGS YOU CAN DO RIGHT NOW

1. Tape a note in your mailbox "No Junk Mail"
2. Take your own bags to go shopping
3. Sort out your recycling from your waste
4. Compost! Even in winter
5. Turn down your heat and your lights
6. Don't be frivolous
7. Be Helpful

TO YOUR GOOD HEALTH A WARNING ABOUT DIABETES

The Canadian Diabetes Association reports that one in 13 people has diabetes, and statistics worldwide report that diabetes is growing at epidemic proportions!

As our society becomes more overweight and the population ages, there are many more of us at risk for developing diabetes. Recent health studies have focused on identifying risk factors and looking at how to slow the epidemic. Health Canada now states that eating a well-balanced, low-fat diet, including high-fiber carbohydrate choices and moderate portion sizes, can help to promote a healthy weight, and together with regular physical activity can help reduce the risk or postpone the development of diabetes.

Canada's Guidelines for Healthy Eating apply to all of us including those with diabetes. These guidelines are:

- Eat a variety of foods
- Emphasize cereals, breads and other whole grain products, vegetables and fruit.
- Choose low-fat dairy products, leaner meats and food prepared with little or no fat.
- Limit salt, alcohol and caffeine.

Other recommendations are:

- Add barley or lentils (or any grain) to soups and stews. Just make sure they simmer long enough to cook the grains.
- Add beans, raisins or dry cranberries to salads.
- Choose brown rice and pasta.

We don't have to become a diabetes statistic! A few excellent recipes from the Diabetes Cookbook are in the *Good Eating* segment.

Taken from "The Compete Canadian Diabetes Cookbook"

Ann Forcier

Our On-Going Efforts to help Support the Kingston Humane Society

A while back, one of our members, Tom Moule came up with a great idea with regards to remembering our pets as well as helping a lot of homeless ones.. In the office there is a large water bottle where donations can be made for the Kingston Humane Society. A Bulletin Board is being set up with pictures of all our pets, past and present. If you have some loose change lying around, drop it in the collection bottle next time you are at the office. When it gets full or close to it the Co-op will make the presentation to the Kingston Humane Society.



Mind over Matter—Who Knows

Ed Augustyn

Hope you all have a great New Year

A friend once said to me that age is all a matter of heart or mind

Perspective is how you see things if you think is dismal and grey then it will be, so please try to think as positively as you possibly you can

Physical exercise is also vital as we get older, my resolution this year is to get rid of that 50 lb of excess material that has been hanging around me

You can do it to, and just think of how much better you will feel and how your health will be improved.

No matter your age or your physical condition everyone will benefit from some kind of physical exercise, even if it is just taking a walk or small stretching exercises.

Everyone needs physical activities whether it means joining a gym or just taking a walk . Anyone can do it.

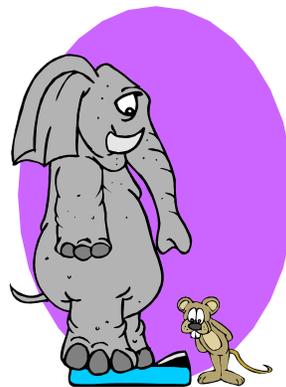
When starting out, please be careful not to over do it. Remember Rome wasn't built in a day.

You have to remember that those excess pounds you want to shed didn't come overnight and aren't going to go away overnight; but with persistence and hard work you can achieve that youthfulness that you long to regain.

Everyone can do it no matter what your condition. In a very short while, you will feel much better about yourselves. You will be more self confident and more physically fit.

Also, this can motivate you to take other steps of self improvement in your life.

Remember only you can help yourself in this area of life; so give it your best shot and



HAPPY NEW YEAR



Congratulations!!

Bernard & Susanne of building 234 are new parents to a healthy baby boy named Tristan.

COMMITTEE REPORTS

Christmas Party Update

Both the children's and adults parties were a success. For those who attend a great time was had. Old St. Nick made an appearance for the children.

We hope to see more out next year.

BOARD OF DIRECTORS

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

The Board of Directors wishes the best to all and good health throughout the New Year.

MAINTENANCE COMMITTEE

Darren Nicholson 613-536-1026 dknicholson@cogeco.ca.

Meets the 3rd Wednesday of every month @ 7:00 pm in the Common Room. All are welcome. Happy New Year to all!

MEMBERSHIP COMMITTEE

Peggy Flanagan sp 613-531-0554 peggy.flanagan@providence.ca

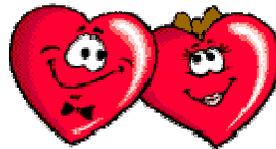
The Membership committee meets on the fourth Tuesday of each month. Over the next little while New Members will be moving into the Co-Op. If you see a new face please say Hello.

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. If you have something that you would like to contribute—drop a copy off at the office. If you are proficient with Microsoft Publisher and would like to help out—let the office know.

SOCIAL COMMITTEE

We meet the 2nd Saturday of every month @ 10:00 am in the common room. All are invited to attend. The Social Committee would like to extend our best wishes to all in the New Year.



Can You Spot It?

Doug Paterson found the mistake in the last edition.. It was located on page 9. It stated Board of Decorators not Directors. Give it a shot this month. As soon as you think you know the mistake call into the office and leave a message with the time your name and what you believe to be the mistake. As usual the first correct answer wins a prize.



LEGEND PAGE 8

 Euchre Night

 Good Food Box Pick up

 Good Food Money Due (\$) 

January 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10  	11	12 Social Committee Meeting 10 a.m.
13	14	15	16 Maintenance Committee Meeting 7 p.m.	17	18	19
20	21	22 Membership Committee Meeting 1 p.m.	23	24  	25	26
27	28	29	30	31		

February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7  	8	9 Social Committee Meeting 10 a.m.
10	11	12	13	14  Valentines Day	15	16
17	18 Chinese New Year	19	20 Maintenance Committee Meeting 7 p.m.	21 	22	23
24	25	26 Membership Committee Meeting 1 p.m.	27	28 	29	

Kidz World

Solar System

U Q T U R A N U S I E G O
C S I E N K G M A R S T M
P M B G R G A V O O U N O
S V R H U E S O I L K O O
U U O G T R T L P L D L N
U M N K A Q E N U T P E N
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K T T P V C O X I E T T E
V E T H O H I E R P E A D
F O X M E Z D C M N U N R
G R E P J S U E A F L J G
H T R A E R U L G Y O D I
F Q D X Y L P N U S T X N

ASTEROID
COMET
EARTH
JUPITER
MARS
MERCURY

METEOR
MOON
NEPTUNE
ORBIT
PLANET
PLUTO

SATURN
STAR
THE SUN
URANUS
VENUS

THE TALLEST BIRD IN NORTH AMERICA

The Whooping Cranes is the tallest bird in North America, standing at five feet tall. They are named for their loud and penetrating mating call, live and breed in wetland areas where they feed on crabs, clams, frogs and other aquatic creatures. They are pure white with black wing tips and a red crown.

The Whooping crane is an endangered species with 400 of the birds in the wild. In 1941 there were as few as 20 left.

Riddles

A skin have I more eyes than one, I can be very nice when I am done.

What am I?

A Potato

He has married many women, but has never been married.

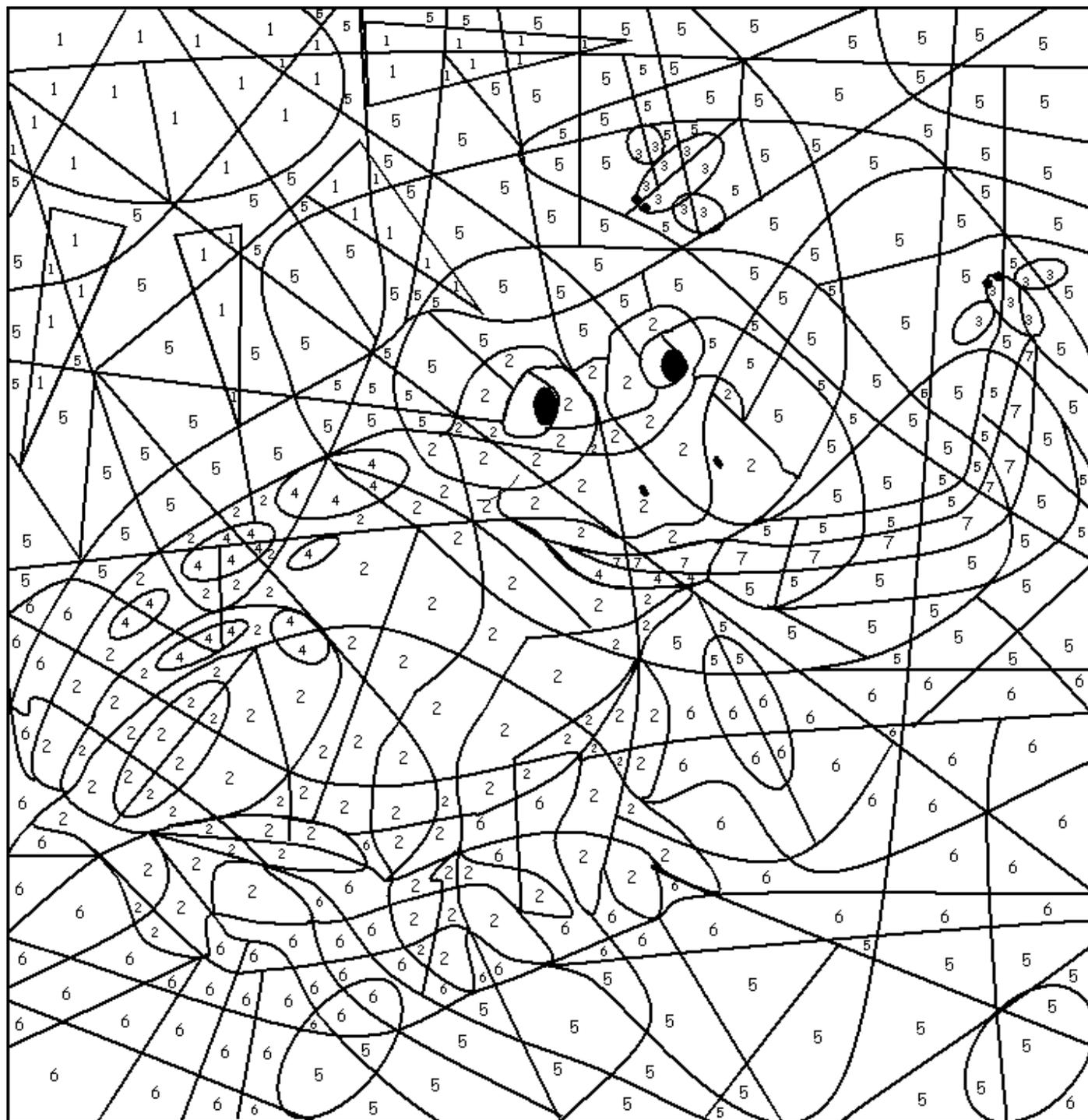
Who is he?

A Priest

Big as a biscuit, deep as a cup,, even a river can't fill me up.

What am I?

A kitchen strainer



1 = Yellow
5 = Blue

2 = Green
6 = Brown

3 = Grey
7 = Pink

4 = Dark green

* Spaces that are not numbered should be left as white.