

Stepping Stone



OFFICE

Monday to
Thursday
10–12 & 1–5
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Valerie Matthews
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~ L O I S M I L L E R C O - O P ~

FROM THE DESK OF THE PRESIDENT

With our First Annual Fire Inspection over, yes I did say annual. Well every 12 to 14 months. This is a practice that is in the best interest of the Co-op and all members Just to let you know, no infractions on our part, the inspector was quite pleased with what he saw, especially for the age of our buildings.

The Annual Budget Meeting now behind us, I would like to personally thank all those who came out. Knowing that these meetings are obligatory to attend, and only a couple of apologies were received by the office, the room should have been filled to capacity. At this time I will remind all, living in a Co-op has obligations, please read your Housing Agreement it clearly states what your obligations are.

At the meeting some interesting points were brought up, one which I put on the floor myself. There is too much negativity. No matter what we try to do, the Board of Directors and the Administration, it never seems to be good enough. We are always open to constructive criticism, but this does not appear to be the case. It is destructive and aimed at volunteers doing the work. This is unacceptable and will not be tolerated.

If any member has concerns and/or ideas by all means let them be known. We all know the process and I guess we need to be reminded from time to time. Put it in writing and drop it off at the office. If you wish a response from the Board of Directors, address the note to them. Simple and effective.

With Spring approaching, the Co-op will once again flourish with outside activities. I encourage all who are able to join in. A good way to meet your fellow co-op members. The Easter Egg Hunt is coming for the children and a pot luck to follow. Bring your favourite dish and dig in. Watch for the information coming to your door.

Steve

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Good Food Box

Just a reminder to all that the Co-op does participate in this program. The calendar tells you when you need to have your money in and also the delivery date of the Good Food Box.. Excellent value for your money. For more information on this great program call Steve @ 613-536-1026

TELEMARKETERS AND A NATIONAL DO-NOT CALL LIST

by Gill Brett

Due to the prevalence of telemarketers, phone surveys and other such unwanted calls at unwelcome hours of the day, particularly at supper time. I contacted the Department of consumer Affairs. They advised me to call Bell Canada who in turn directed me to the CRTC. After leaving my name and phone number, my call was returned the very next day and a very illuminating discussion took place. The agent advised me that this is an extremely hot issue and that parliament has now passed a law that will prevent these people from plying their trade for much longer.

This means that the CRTC has been given the task of setting up a "National Do Not Call" list that will be enforced in not only all provinces and territories but will also cover unwanted calls from the USA. This list will mimic the one

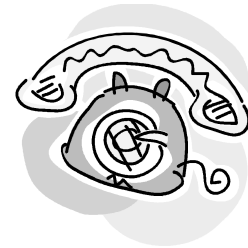
that is presently a part of everyday life in the USA where in the first week of operation, 30 million Americans registered for this service and those who violate the "do not call" legislation face hefty fines of up to 10 million dollars.

When asked when this would take place, I was advised that it is being set up at the present time with a time limit of September 2008 when it will come into force. There will be notifications on the radio, television, the newspaper and on the internet. People will be able to get on the list by either phone or on-line.

This is an issue that has been very dear to those of us who are fed up with sitting down to a meal only to be bombarded by forceful rude and loud telemarketers who refuse to take no for an answer and will call time and time again. This is legislation

that many of us have been waiting for and have been emailing our politicians about for some time. We already get enough advertising without having our phones tied up with these kinds of calls and we pay good money for the service.

Let your elected representatives know how you feel. We did and now we are about to reap the benefits.



Condolences

In our last publication we neglected to offer condolences to the family on the sudden and tragic death on December 10th of co-op member, Murray Carroll.

Generally, some members of our co-op family try to attend the funeral of deceased neighbours but at Murray's request there was no visitation and no funeral service.

The family's request that donations be made to Martha's Table in Murray's memory suggests he had a compassionate heart for persons down on their luck.

This incident can serve to remind us, that as a co-op community we are committed to get to know our neighbours, and if we can do so without encroaching on anyone's privacy, reach out to those who are going through a hard patch.

May he rest in peace.

Peggy Flanagan sp

GOOD EATING

Would you like baked, mashed or fries with that?

Yup, this time, in honour of St. Patrick's Day, we're talking about good, old-fashioned SPUDS! I thought I would make a few suggestions that might add some variety to your everyday potato recipes. There are soooo many; I wish I had room for more. If you are interested, we'll do this again sometime.

Zucchini Boats with Pesto

- 2 cups leftover mashed potatoes
- 2 medium zucchini cut in half lengthwise
- 1 egg
- Parmesan cheese
- Dash of nutmeg
- Salt and pepper
- Pesto sauce (store-bought is fine)



Scoop out pulp of zucchini to make a boat. Mash the pulp. In a bowl, mix the pulp with the mashed potatoes and add the rest of ingredients (except Pesto). Fill the 'boats' with the mixture and top with Pesto. Place them in a casserole dish. You can microwave them for a few minutes to start the zucchini cooking if you wish. Cover with foil and bake in 400 degree oven till zucchini is cooked. Remove foil and put back in the oven for a few minutes.

Note: If you have some potato mixture left over, you can add some finely chopped green onions, form patties, dust with flour and fry in olive oil until golden on each side.

Sour Cream and Mushroom

Baked Potatoes

- 1 tbsp butter or margarine
- 1 small onion, chopped
- 1 slice of bacon, chopped
- 1 garlic clove, crushed
- Several small mushrooms sliced
- ¼ cup of sour cream
- ¼ cup of grated cheddar cheese
- 2 baked potatoes



Cut the potatoes in half. Scoop out and mash the insides. Heat the butter in the pan and add the onion and bacon. Toss and cook for about 5 minutes. Add garlic and mushrooms and cook over low heat until mushrooms are soft. Add the mashed potatoes and sour cream. Combine well. Fill the potato halves with the mixture and place on a cookie sheet. Sprinkle with cheese and bake in moderate oven until golden brown.

Note: How about combining other items, such as leftover chili con carne, or sloppy-joe mixture, or creamed salmon. If you added a salad, that would change it from a side dish to the main course.

Try steaming potatoes and adding some herbs to the water. They will give a subtle flavour to the potatoes. You can add whole garlic cloves when boiling and mash as usual...very tasty. Maybe you could add some good olive oil instead of butter for mashing. Make French fries by placing them on a cookie sheet with salt, pepper and some steak spice. Sprinkle olive oil over the top and bake in a hot oven for about 15 minutes. Turn and bake until cooked.

*Happy Experimenting
Ann*

Peggy's Pen

Have you noticed every time you pick up a newspaper lately or turn on the television there is a story related to the environment, and global warming will somehow be implicated?

I guess we shouldn't be surprised. As much as we humans think we can separate ourselves from the natural world we can't get away from it, nor should we try. Earth's air, water and soils are all connected. We have changed the composition of the atmosphere by increasing carbon dioxide levels by 30 percent in the last 200 years and that is making changes that affect us all.

Is there any good news? In spite of all the doom and gloom there is some positive news out there too. We just have to look for it.

BIG ideas for reducing the impact of climate change are being promoted by an international line-up of leading scientists around the world. Their BIG efforts need ordinary people, like us, to make the LITTLE efforts as well.

In the last issue of Stepping Stone Annie Hogan helped raise our awareness by offering sim-

ple suggestions that make a difference and that we can do right now. I guess the first issue to look at is our attitude. Do I really feel that if I walk to the blue bin to put that pop can or paper cup in its proper place it will make a difference?

A caring attitude must be developed and nourished within ourselves, our co-op, our country and our world. Little things do mean a lot. Setting the thermostat 2 degrees lower in winter and higher in summer can save 2000 pound of carbon dioxide each year.

Choosing reusable products with minimal packaging does help. Remember the three **R's** of **reduce, reuse, and recycle**. By recycling half of our household waste, we can save 2,400 pounds of carbon dioxide annually.

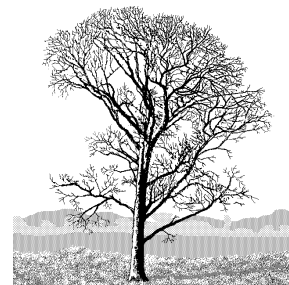
Replacing just one 60-watt incandescent light bulb with a CFL will save \$30 over the life of the bulb. CFLs also last 10 times longer, use two-thirds less energy and give off 70 percent less heat.

If we must drive we can make sure our cars are running efficiently. Just keeping tires prop-

erly inflated can improve mileage by 3 percent. Every gallon of gas saved not only helps the budget but also keeps 20 pounds of carbon dioxide out of the atmosphere.

Let's make green options in small ways when shopping by looking at ingredients, not slogans. Avoid scented detergents. They contain chemicals that are inked to cancer. When cleaning use more natural cleaning products like baking soda and vinegar.

Perhaps the three **R's** can be encompassed by just one **R: Respect**, respect self, others, nature and our environment. Why not plant more trees? Did you know a single tree absorbs about a ton of carbon dioxide during its lifetime?



Yes, let's all make an effort to do our part with a happy heart. As the old song says, "Accentuate the Positive!"

Peggy

STUPID COMPUTER

Computer manufacturers are considering changing the command "Press Any Key" to "Press Return Key" because of the flood of calls asking where the "Any" key is.

To Your Good Health—Submitted by Ann Forcier**PUBLIC HEALTH INFO IS ONLY A PHONE CALL AWAY**

KFL&A Public Health is here to help. Residents can call the following information lines for answers to public health questions at **613-549-1232**. (TTY access is available for residents with hearing impairment at **613-549-7692**.)

Baby Talk ext.555

Public Health nurses answer prenatal, infant and child care questions and provide resources on family health issues.

Dental Health ext.218

Dental Health Services include the CINOT Program, dental screenings in elementary schools, and the production of sports mouth guards.

Dial-a-Dietitian ext.224

Registered dietitians answer questions about food and nutrition, and provide related resources.

Environmental Health ext.231

Information on indoor air quality, West Nile virus, food safety, private sewage system inspection and well water testing is available.

Early Expressions - Preschool Speech & Language Services ext.184

Provides assessment and referrals for preschool speech and language services, information and treatment.

Influenza Info Line ext.433

Get information on the FREE Flu Shot Clinics across the KFL&A area including dates and locations.

Free Way to Physical Activity ext.401

Provides information on becoming and staying active, community programs, and walking routes.

Raise a Little Health ext.102

This educator info line assists teachers with their health teaching and book resources.

Sexual Health ext.213

Confidential information and counseling about birth control and sexually transmitted infections by a program nurse.

Tobacco Information Line ext.333

Provides information and resources on quitting smoking, tobacco and the law, community resources, and other tobacco issues.

Volunteer Services ext. 159

KFL&A Public Health volunteers are an important part of a dedicated team and are much appreciated.

Way To Wellness ext.180

Call to learn more about workplace health resources and education sessions.

Let's Save On Paper Use

In an effort to use less paper Val has asked all those with email to provide it to the office. This way notices that go out can be done electronically - this is also another step in bringing us up to the 21st Century.

Yet another step for us in helping the environment!

Well let me tell you.....

St. Patrick, the Patron Saint of Ireland, was not even Irish. He was born at Kilpatrick, near Dumbarton in Scotland in the year 387.

Along with St. Nicholas and St. Valentine, the secular world shares our love of these saints. This is also a day when everyone is Irish.

There are many legends and stories of St. Patrick, but this is his story.

Patrick was born in Scotland to Calpurnius and Conchessa, who were Romans living in Britain in charge of the colonies.

As a boy of fourteen or so, he was captured during a raiding party and taken to Ireland as a slave to herd and tend sheep. Ireland at this time was a land of Druids and pagans. He learned the language and the practices of the people who held him.

During his captivity, his trust and faith in God grew,

His captivity lasted until he was twenty, when he escaped after having a dream in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain, where he reunited with his family.

He had another dream where Ireland was begging him to come back and walk among them once again.

He began his studies for the priesthood. He studied many years under St. Germanus, the Bishop of Auxerre, who ordained Patrick.

In later years Patrick was made a Bishop and was sent to take the Gospel to Ireland. He arrived in Ireland March 25, 433, at Slane. One legend says that he met a chieftain of one of the tribes, who tried to kill Patrick. Patrick converted the chieftain after he was unable to move his arm until he became friendly with Patrick.

Patrick began spreading the Gospel

throughout Ireland, converting many. He and his followers preached throughout Ireland building many churches and converting many to Christianity.

For 40 years Patrick preached, converted and worked many miracles. After years of living in poverty, travelling and enduring much suffering, he died March 17, 461.

He died at Saul, where he had built his first church.

Why the Shamrock?

Patrick used the shamrock to explain the trinity, and has been associated with him and the Irish since that time.

DONT FORGET THE GREEN

Ed Augustyn



Plastic Containers

Submitted by Annie Hogan

On the bottom of your plastic containers you will find the recycling code number (1-7). If you see numbers 3 or 7 these containers are NOT suitable for food storage. Long term exposure to these plastics have the potential to cause liver damage, cancer, early on set of puberty, and reproductive organ defects to name a few. Never microwave food in plastic containers, even microwave safe plastic has the potential to leak toxins into your foods. Reusing glass containers (Pyrex for example) is a win win, for storage and microwaving safely.

For other interesting articles go to www.care2.com

COMMITTEE REPORTS

BOARD OF DIRECTORS

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

The Board of Directors would like to take this opportunity to thank all those who volunteer on a committee, helping out around the co-op and to those who just bring a smile to a neighbour. That's what Co-op Living is all about.

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.

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

Judy Deroche 613-328-4619

We meet the 2nd Monday of every month @ 7:00 pm in the common room. Note that this is a new time. All are invited to attend. The Children's Easter Egg Hunt will be March 15th, 2008 which will be followed by a Potluck. Hope to see you all there.

A Little Humour

Jimmy was sitting in the country church listening to the priest give his sermon. The priest was going on and on and Jimmy, being a man of few words himself, was getting more and more restless. Finally he had enough and started down the aisle to leave. The priest said "Just a minute Jimmy, where are you going?" Jimmy said "Goin to get a haircut". The priest said "Why didn't you get a haircut before you came to church?" Jimmy said "Didn't need one then".

World Earth Hour Day — www.earthhour.org

Earth Hour is set to make a powerful statement on March 29th when cities around the world switch off their lights for one hour at 8 p.m. One of the most visually appealing elements of Earth Hour is seeing national icons and landmarks turn off. Some examples in Canada include the CN Tower, Ontario Place, Toronto Eaton Centre, Fairmont Royal York Hotel, Honest Ed's and all buildings in which Van city, BC Hydro and City of Vancouver operate. Stay tuned for more icons across the country to turn out their lights for Earth Hour.

March 2008

LEGEND



Euchre Night



Good Food Box Pick up



Good Food Money Due (\$) **(S)**

St Patrick's Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 \$	7 World Day of Prayer	8
9 Daylight Saving Time Begins	10 Social Committee Meeting 7 p.m.	11	12	13	14	15 Easter Egg Hunt and Potluck
16 Palm Sunday	17	18	19 Maintenance Committee Meeting 7 p.m.	20	21 Good Friday	22
23 Easter Sunday	24	25 Membership Committee Meeting 1 p.m.	26	27	28	29 World Earth Hour Day
30	31					

April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 April Fools Day	2	3	4	5
6	7	8	9	10 \$	11	12
13	14 Social Committee Meeting 7 p.m.	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			

Kidz World

Common and Strange

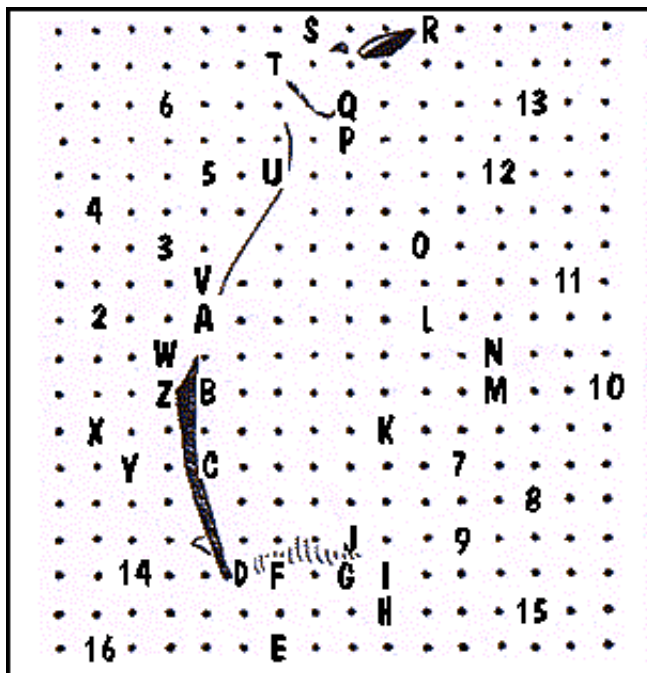


ALIEN	FAR OUT	NORMAL	RUN OF THE MILL
ANOMALOUS	FISHY	NOVEL	SCREWY
EIZARRE	FREAKY	CDD	SPJOKY
EIZARRO	FUNNY	CRDINARY	STOCK
COMMON	HOHUM	CRTHODCX	STRANSE
CONVENTIONAL	HUMDRUM	FAR	USUAL
CREAPY	KOOKY	FLAIN	VANILLA
CUSTOMARY	LIKELY	QUEER	WACKY
ENTOPIC	LUDRICROUS	REGULAR	WEIRD
EVERYDAY	MUNDANE	RDICULOUS	WONTED

True Fact

The oldest living tree known is a Bristlecone Pine known as "Methuselah" located at an elevation of 10,400 feet in the White Mountains on the California-Nevada border. The tree is estimated to be 4,767 years old. It stands about 55 feet tall, with a misshapen oval-shaped trunk measuring about 4 1/2 feet wide.

Source: CNN



Riddle Me This!

I'm the part of the bird that's not in the sky. I can swim in the ocean and yet remain dry. What am I?

• shadow •

