

Stepping Stone

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

OFFICE

Monday to Friday

11 am–5 pm

5 4 5 - 1 3 7 5

www.loismiller.ca

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REPORTS ON CO-OP EVENTS

CLEAN-UP

The Spring clean-up took place on May 13th. 28 people attended and worked for two hours each, for a total of **56 volunteer hours**. Work completed included interior cleaning of halls, laundry room and common areas. Also raking, weeding, etc. outside. Thank you to all who showed or did work at some other time.

The Beard

BEAUTIFICATION OF OUR CO-OP

On May 19th, a group of 4 volunteers met and planted perennial flowers in our flower beds. Aren't they lovely? Thanks go to Liz, Nellie, Rosalie and myself for the effort put into beautifying our co-ops.

Then in June, several people from our co-ops were hired to do some weeding, spread mulch and remove dead branches and trees at all three buildings.



YARD SALE

A yard sale was held the weekend of May 20th. On Sunday, it was followed by an impromptu, but fun, hot dog potluck lunch.

ANNIVERSARY

The anniversary celebration has been postponed until

September 23rd 12-2 p.m.

Location: Snyder park

Luncheon and guest speakers

IT'S RECYCLABLE...OR IS IT?

One of my first experiences as a co-op member was a comment posted in the recycling area that read: "Pizza boxes are re-



cyclable, NOT garbage!" Now I couldn't be certain where, but I seemed to remember reading

exactly the opposite. As it happens, shortly thereafter, I received a 3-page information package in the mail entitled "Kingston—Recycling Tips". Sure enough, "soiled pizza boxes" were listed as "do not include". Yet, in a recent discussion with a friend, she told me that she has always recycled her pizza boxes! I have since become aware that there are quite a few products or procedures of which I am unsure. For example, do we need to clean our cans, and if so, how clean do they need to be? What about the paper label, does it have to come off?

Because we are living in a co-op community, we don't have the "novelty" of having our blue box refused with a tag explaining what we did wrong. I spent some time on the internet but found the information there incomplete. So I arranged for a Kingston Area Recycling Center tour. During this tour Amy Paauw (Public Education and

Promotions) assured me that when we are unsure, we should recycle the item in question as everything will get sorted out manually at the plant. Read on to find out what else I uncovered.

Fibers

- Pizza boxes ARE recyclable... the key word in the above quote is "soiled". Anything that is too greasy is not good recyclable material. However, Amy suggested that the bottom lid could be ripped off and discarded if it was too soiled.
- Wax paper, wrapping paper and silk/tissue paper for gift bags are NOT recyclable.
- Napkins and paper towels are NOT recyclable, but are compostable if not greasy.
- White printer paper is more valuable than newsprint, so if you have enough of it to be worthwhile, keep the two separate.
- We are asked to take any kind of tape off the boxes (packing, masking, etc) before folding flat to recycle.
- Comparatively, the fiber bin (blue box for paper) can tolerate items such as Post-It notes or children's art with wax crayon, glitter gel, glue, water-based paint (Tempra) or tape.
- Envelopes with windows and tissue paper boxes with plastic on the top CAN be recycled as is, no need to take out the non-paper part.

Plastics

- As we know, acceptable plas-

tics are #1-6, but not #3 (such as peanut butter lids), nor #7 (such as the liner inside plastic Tropicana OJ jugs).

- The majority of plastic bags, including milk pouches, bread bags, apple bags, and frozen veggie bags, are recyclable, but please rinse with water. Your grocers' veggie/fruit bags are also recyclable.
- Zip-lock bags cannot be recycled because of the zipper part. However, it can be cut off and the rest of the bag recycled!
- Grocery bags are to be turned inside out—to insure bills and twist ties are not in them, and put in the fibre bin. Why the fibre bin? Because they are not bundled with the other types of plastic.
- To simplify the manual sort at the plant, bundle all of these bags together into one bag.
- Pasta packages or any crinkly-type plastics are NOT acceptable.
- Now for the packaging of most kids' toys. The cardboard at the back is a fiber and recyclable, but the hard plastic front is NOT. Keep in mind that crinkly paper (ie/ Easter egg basket clear plastic wrap) is not either.
- Anything with a Saran Wrap feel to it is NOT recyclable.
- Styrofoam is usually a recyclable plastic, but not Styrofoam popcorn. This is due to the problem of putting it in square, compact bales. (The stuff just won't stay put!!)
.....Cont'd on page 4.....



Canadians are hearty folks who know how to endure, and even enjoy, the cold storms of winter, but isn't it a wonderful thing to welcome the lazy, hazy days of summer again?

As the poet said, "What is so rare as a day in June?" The summer's sun feels welcoming warm and relaxing on winter-weary skin, especially to people of my vintage who need that vitamin D.

That's the up side. However, there is a cautionary side to those sunny rays as well. Sunshine exposes skin to ultra violet (UV) radiation that can cause premature aging, wrinkles, moles, and for thousands of people, skin cancer. Each time skin becomes tanned or burned, damage is done to individual cells, or DNA. Damaged cells that are not destroyed can produce a tumour.

Did you know that all school children in Australia must wear hats when they play in the schoolyards? In Canada, only half of us use sunscreen regularly, and when we do, we often don't use it properly. That's

... FROM PEGGY'S PEN

one reason why 75,000 of us will be diagnosed with some form of skin cancer this year.

Still, we do like to get a tan. It does look healthy even if doctors tell us differently. If you must get a tan, expose yourself to UV for a short period of time over five to seven days in order to build up the pigment in your cells. Still, it is better to protect yourself with sunscreen. Remember that babies and young children are even more vulnerable and in greater need of sunscreen protection. Pets, too, besides needing more clean drinking water in the summer, need to be kept out of the hot sun, and certainly never left in a parked car, even for 'just a few minutes'.

Environment Canada's UV index predicts how strong UV rays will be each day. The index ranges from 0 to 11. The higher the number, the stronger the rays. Ratings of 3 to 5 are moderate. A hat, sunscreen and sunglasses are recommended if you are going to be outside for 30 minutes or more. A reading of 6 or more is high and means that unprotected skin can burn very quickly. Apply sunscreen with

a Sun Protection Factor (SPF) of 15 or higher all over exposed skin and rub it in at least 20 minutes before going outside. If you are applying an insect repellent and sunscreen, apply the sunscreen first.

If we take sensible precautions we will not hesitate to take advantage of this gift of another summer to enjoy the great outdoors. If space permitted I might write about the good friends who protect us from the hot sun and whom we so often take for granted. I refer to our trees. I confess to being a sun worshipper in the winter and a tree worshipper in the summer. Aren't we all?

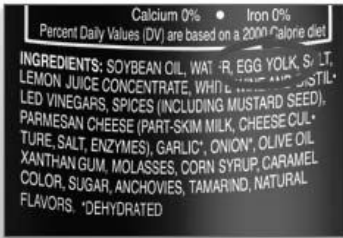
Peggy Managan



In early October a Toronto man calls his son in Vancouver. "Your mother and I are divorcing, he says. Forty-five years of misery is enough." "Dad! What are you talking about?" the son screams. "We can't stand the sight of each other, the old man says. I don't want to talk about it anymore. Can you call your sister in Halifax and tell her?" And he hangs up. Frantic, the son calls his sister, who explodes on the phone. "They're not getting divorced if I have anything to say about it! We'd better get to Toronto and take care of this in person." The brother agrees, so then she calls her father and says, "You are not getting divorced. We'll be there tomorrow. Until then, don't do a thing." Then she ends the call. The old man hangs up, turns to his wife and says, "Okay, they're coming for Thanksgiving. Now what do we do about Christmas?"

TO YOUR GOOD HEALTH
BE LABEL SMART

People can avoid most of the things they are sensitive to if they read food labels carefully



Test your knowledge with this short quiz taken from "Positive Currents" - a publication from KFL&A Public Health.

1. Until recently, manufacturers could choose whether or not to provide nutrition information. **True or False?**
2. When comparing two products, always start with the calories. **True or False?**

3. The ingredients list provides the following information. Choose one.
 - a) The ingredient that is in the largest amount is listed first.
 - b) Sources of allergens
 - c) Sources of certain nutrient information
 - d) Information for ethical and religious decisions
 - e) All of the above.
4. Percent (%) Daily Value will tell you if there is a little or a lot of nutrient in a food. **True or False?**

Ann Forcier

~~~~~ ANSWERS ~~~~~

1. **True.** It is now mandatory.
2. **False.** The comparison of two products should begin with the serving sizes in the Nutrition Facts table. When comparing products, be sure the serving size description is the same or similar.
3. (e) All of the above.
4. **True.** Use 15 percent Daily Value as your guide. If you are trying to increase a nutrient such as calcium, choose the product with more than 15 % Daily Value (DV) per serving. If you want to reduce your intake of a nutrient, choose the product with less than 15 % Daily Value.

CONT'D FROM PAGE 2 (IT'S RECYCLABLE...)

- The plastic mesh that wraps around wine bottles is not recyclable. However, the LCBO will gladly reuse them.
- The plastic "six-pack" used for pop cans is not recyclable.
- Take note; **Tim Horton's coffee cups are recyclable, so are the lids!**

**Metal/Aluminium**

- Beer caps must be put in a metal can and the can then pinched together to keep the caps in; otherwise the plant ends up with caps all over the floor.

- **Foil and aluminum trays are recyclable** if clean.
- Before the manual sort, all containers pass under magnets in order to separate out the metal. Because any plastic bag used to contain the cans ends up being dragged along, the plant asks that cans be put loosely in the recycling box.
- Paper labels can stay on cans and jugs, but will only get recycled if peeled off and in the fiber box.
- "rinse containers sufficiently—especially milk cartons, as this

*will help reduce the potential for fly infestation, as well as reduce odours and residue that . . . staff must deal with year round"* (John Giles, Manager Solid Waste)

**Glass**

- Clear glass is more valuable, so please try not to mix it with colored items! If you do have a mixture of broken glass, unless you can (or are willing to) separate it, put it all into the colored glass bin and it will be separated at the facility.

*Sara Virgo*

For more detailed info, visit:  
[www.cityofkingston.ca/residents/waste/recycling/rec2.asp](http://www.cityofkingston.ca/residents/waste/recycling/rec2.asp)

**GOOD EATING**

*If the past month is any indication, we are in for a hot summer! So I've put together a few cold drinks that will go well with the weather. These can be served from a pitcher or a punch bowl. They all must be served cold. And if you wish, a little rum could be added to the nonalcoholic ones for a boost in flavour, etc.*

**Citrus Fruit Punch**  
(Nonalcoholic)



- 2 (6-oz) cans frozen orange juice concentrate, thawed
- 2 (6-oz) cans frozen lemonade concentrate, thawed
- 1 (48-oz) can pineapple juice 1 (1 liter) bottle of Sprite
- 3 cups water
- 3 cups sugar
- 2 pints strawberries, hulled

Combine the orange juice, lemonade and pineapple juice and stir well. Boil the water and sugar together until sugar is dissolved. Let cool. Add this syrup to the fruit juices. Place the strawberries into a ring mold. Pour in enough fruit juice to fill the mold. Freeze. Refrigerate the remaining juice. When ready to serve, pour the fruit juice into a punch bowl and add the Sprite. Float the ice ring in the punch

**Three Fruit Punch**  
(Nonalcoholic)

- 1 quart pineapple juice, chilled
- 1 ½ quarts cranberry cocktail juice, chilled
- 2 starfruit, cut into thin slices (for garnish, optional)
- 1 quart orange juice, chilled
- 2 liters ginger ale, chilled

In a large punch bowl, combine all the juices. Stir in starfruit slices. Refrigerate. When ready to serve, add lots of ice cubes.



**Fresh Fruit Punch**  
(Alcoholic)



- 2 cups sugar
- 1 cup water
- 1 bottle of dry white wine
- 1 (1.5 liter) bottle of club soda
- 6 cups of chopped, seeded watermelon
- 1 cup chopped mango
- 1 cup chopped pineapple

Boil the water and sugar together until syrup is clear. Let cool. Combine the syrup, wine, and soda stirring well. Add the fruit and serve cold.

*Labeling on food helps Canadians make healthy and informed choices about the foods they buy and eat. Through the Food and Drugs Act, Health Canada regulates the labeling of food products to help you make healthy choices.*

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

For more information see this link to Health Canada

*Enjoy - Ann Forcier*

## RAGING GRANNIES

Do you know who the Raging Grannies are? They sounded pretty scary to me when I first heard of them! The name is so contrary to how grannies are perceived. But then again, these days no one is the stereotype of what we expect them to be, so why should grannies be any different?

On the West Coast of Canada in the 70's people were getting troubled at the amount of nuclear testing which was being carried on in the channels and bays off the coast of British Columbia. Determined to do something about it, a group of older women went to the naval bases to protest. **The Raging Grannies were born.** Slowly at first, the idea spread. The granny image of shawls, knitting needles and rocking chairs was being used to speak, if not shout, against some of the worst injustices preparing to overwhelm our grandchildren.

In the early 80's, I belonged to the Montreal Social Justice Committee. We had for the longest time been protesting all the wars in Central America which were devastating the countries and peoples there. The Raging Grannies brought music, humour and colour to these important issues. Our group

came to understand the power and appeal which elderly grannies could muster. The stereotypical granny clothes, the songs which they composed with hard hitting lyrics, sung to simple old tunes and the group's presence, which was a surprise to all (especially at first); these all made the Raging Grannies a very effective way to highlight justice issues.

Windsor. American grannies were organizing it and I was looking forward to attending. These women are very strong and vocal in opposing the worst injustices of their country. And brave too, as several have served prison sentences for their cause!

The music, the dressing-up and the company are all great fun. So are



Wearing our long skirts, shawls, running shoes, and especially our Outrageous Hats, while singing our stinging satirical songs, we replace the image of Nice Little Old Ladies with the reality of Feisty, Independent, Outrageous, Older Women. Our Mission is to arouse awareness about such issues as Peace, Social Justice, Environmental Protection, Racism -- and in so doing to bring about necessary changes in both laws and attitudes. We want to challenge the complacent among us and force them to confront issues to which they've been indifferent -- or of which perhaps they are unaware. Our hope is that our kind of social action will ensure a better and more just world for our grandchildren and the generations to come.—Ottawa Raging Grannies

Those who may be interested in becoming one of Kingston's Raging Grannies or in writing protest lyrics to old well-known tunes can contact Rosalie at 530-3736.

It took until the 90's for grannies in the United States to follow the Canadian lead, but as the issues became graver down there, 'gaggles' of grannies started to form.

In mid-June our biennial meeting (every 2 years) was held in

the groups for whom we do 'gigs'. But the best feeling for me as a Raging Granny is how I can remain connected to my own society, as everything around me changes in the twenty-first century.

*Rosalie Armstrong*

## BULLETIN BOARD

(CO-OP MEMBERS ONLY)



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



### For Sale:

Color TV \$15, Mini stereo and speakers \$20, Pink shower curtains with hooks (new) \$40, Waterbed with heater \$50, Ceramic statue of God candleholder \$30. Call 767-3525 or go to 404/234.

Danby Designer air conditioner (as is) \$100, 27" TV with surround sound and inputs \$75, Motorola StarChoice Satellite Receiver \$50, RCA Satellite Receiver \$50, Car kicker 150W \$35, 200W \$75, Car Amp 550W \$75, Connection kit for car stereo \$20. Call 544-1241 if interested.



Please do not put large articles in the garbage bins — they will NOT be picked up by the city. Instead, call **Lucien Mercier** at 544-8105. He will also help with moving chores or do small jobs around your apartment. Very reasonable rates.



**Upholsterer**—Arpad is an experienced European upholsterer of small chairs, cushions, throw pillows, ottomans, antique chairs, and slipcovers. Call Bell Relay at 1-800-855-0511 and ask for Arpad at 613-542-4614. This will enable you to communicate with Arpad who is deaf.



### JOCUS TOYS AND GAMES

Call Sara, your Jocus consultant, for a free catalogue or to get FREE toys.  
530-3659



**Roam's Home Baking**—Assorted special occasion cakes and baked goods. Call Amanda Steward at 544-1241.

COMMITTEE REPORTS

**BOARD OF DIRECTORS** (by Terri Fleming)

- Financial Reports reviewed monthly to follow-up on ongoing expenses
- We will convert the old garbage site at 298 to a storage shed.
- Sharon has reframed the historic co-op photos in the office
- Office has been repainted
- The questionnaires for the Technical Reserve Audit and the Replacement Reserve Fund study have gone out to 234 and 242. Response was very high. Thank you, this will save a lot of follow-up work.
- Reminder: Only patio furniture and plants are allowed to be kept on balconies and patios. The only barbecues, which may be used on balconies, are the electric ones.
- Member concerns continue to be assessed on a monthly basis.

**MAINTENANCE COMMITTEE** (Lee French, 547-7958)

If you have any maintenance issues, please call the office.

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

This committee interviews prospective members and recommends them (or not) as members of our Co-op. The committee met recently to view a video regarding Co-op living. This video will be shown to prospective members at the time of their interview. If you think you would be interested in joining this committee, please notify the office at 545-1375.

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

We welcome contributions from all co-op members. Suggestions and articles can be dropped off at the office by August 14th. This edition's joke (page 3) is courtesy of Marcia Paterson.

**SENIORS' SOCIAL GROUP** (Nellie Austin, 547-0057)

Anyone interested in being part of or obtaining more information about this initiative is invited to contact Nellie.

**SOCIAL COMMITTEE** (Jim Nairn, 483-8654)

With the summer here, everyone is coming and going on vacations, to trailers, cottages, etc.; there will not be much on the go for events this summer. Once school is back we will look to start things up again. Everyone have an excellent summer!

BOARD OF DIRECTORS



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531-7716

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