

# Stepping Stone

~ LOIS MILLER CO-OP ~

## OFFICE

Monday to Thursday

11 am–5 pm

545-1375

www.loismiller.ca

Staff:

Janet Howarth

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Here are some activities going on in Kingston during the months of Oct/Nov

### PUMPKIN CARVING / CAMPFIRE AND HAUNTED HIKE SATURDAY, OCTOBER 28

Carving takes place from 5-6p.m.; the first 50 cars receive a free pumpkin; bring your own carving tools (You can also purchase a pumpkin there or bring your own) The campfire starts at 6:00. While small groups are taken on the haunted hike, scary camp stories are being read and told. Activities are geared for younger children but all are welcomed. Be sure to dress up!

**Little Cataraqui Conservation Area; \$2/child and \$4 for 12+, to a maximum of \$10/car.**

### HAUNTED WALK TOURS THROUGHOUT OCTOBER

See article page 6 of this issue.



### PUMPKINFEST SUNDAY, OCTOBER 29

A celebration of the fall harvest featuring lots of outdoor family fun activities. Pumpkin carving, candle making, seasonal crafts, and lots more. Rain or shine.

**MacLachlan Woodworking Museum (613)542-0543**

### KINGSTON SANTA CLAUS PARADE SATURDAY, NOVEMBER 18

The 3rd Annual Nighttime Santa Parade will kick off the holiday season on Saturday, November 18, at 5 p.m. The parade will begin at Novelis, travel down Princess Street and end at Market Square for the Tree Lighting Ceremony.



I took my boys (4 and 6) last year and they loved it. You can bring marshmallows but may end up having to share.

## A DAY OF REMEMBRANCE

1 1 T H M O N T H ; 1 1 T H D A Y ; 1 1 T H H O U R

### Why Remember?

We often take for granted our Canadian values and institutions, our freedom to participate in cultural and political events, and our right to live under a government of our choice. The Canadians who went off to war in past years went in believing that our values and beliefs were being threatened. They truly believed that without freedom there can be no ensuring peace and without peace no enduring freedom.

By remembering their service and sacrifice, we recognize the tradition of freedom these men and women fought to preserve. They believed that their actions in their time would make a significant difference for the future, but it is up to us, today, to ensure that their dream of peace is realized. On Re-

membrance Day, we acknowledge the courage and sacrifice of those who served their country and acknowledge our responsibility to work for the peace they fought so hard to achieve.

### Why the Poppy?



To this day, fields of brilliant red poppies still grow in France. One of the first connections between the poppy and the battlefield deaths was during the Napoleonic wars of the early 19th century, it was stated that the fields were barren before battle and exploded with the blood-red flowers after the fighting ended.

After [Canadian] John McCrae's poem, 'In Flanders Fields', was published in 1915 the poppy became a popular symbol for soldiers who died in battle.

Three years later an American, Moina Michael, was working in a New York YMCA canteen when she started wearing a poppy in memory of the millions who died on the battlefield.

During a 1920 visit to the US, a French woman, Madame Guerin, learned of the custom. On her return to France she decided to use the handmade poppies to raise monies for the destitute children on war-torn areas of the country. In November 1921, the first poppies were distributed in Canada.

Thanks to the millions of Canadians who wear flowers each November, the little red plant has never died. And neither have Canadian's memories for the 116,031 of their countrymen who died in battle.

*Stephen Hartley*

Kingston's Civic Service of Remembrance will take place at the Cross of Sacrifice (Cenotaph) on King street at Barrie (beside Murney Tower) at 10 a.m. For more information see [www.cityofkingston.ca/residents/recreation/events/november11.asp](http://www.cityofkingston.ca/residents/recreation/events/november11.asp)



## CATARAQUI MUNICIPAL ELECTIONS

**When:** November 13, 2006 (10 am – 8 pm)  
Advanced polls are on November 4, 7 and 9 (10 am – 6pm)

*Are you going to vote?*

*Do you want to be counted?*

*If you don't vote, you cannot complain afterwards. These are our local elections and they address matters that are close to us.*

**Where:** At Remi Gaulin French Elementary School on Virginia Street (7 minute walk from Guthrie apartments)

**We are in the Cataraqui Riding.**

The candidates are:

- Tom Dall
- Patrick Foley
- Sarah Meers

When you go vote, you also get to vote for the *mayor* of Kingston.

Candidates for Mayor are:

- Rick Downs
- Kevin George
- Harvey Rosen

To find out what the issues are and where these candidates stand on them, go to:

[www.kingstonelectors.ca](http://www.kingstonelectors.ca)

# VOTE!

**Do you need a ride?**

Free rides are always available; see advertisement in the *Kingston This Week*.

“Make democracy work for you by keeping your hand on the steering wheel.”

*Rosalie Armstrong*

## Peggy's Pen...

Sometimes I have nothing but admiration, mixed with sympathy, for immigrants who come to Canada and learn to speak English.

English is indeed a challenging language. Have you ever wondered why there is no egg in eggplant and no ham in hamburger? For that matter, there is neither apple nor pine in pineapple.

Quicksand works slowly. Boxing rings are square. Why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?

If the plural of house is houses why isn't the plural of mouse not mouses? One goose, two geese, so one moose should be two meese, right?

Why is it that noses run but feet smell? How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? In what other language do people recite at a play and play at a recital? We have to wonder at a

language in which we say your house can burn up as it burns down, and in which you fill in a form by filling it out, and in which an alarm goes off by going on.

Candles burn longer as they burn shorter. When stars are out they are visible, but when the lights are out, they are invisible.

I am sure you can think of other seemingly foolish examples that reflect the linguistic creativity of the human race, which, of course, is not a race at all.

Perhaps if our language had been invented by computers instead of by people it would be more logical, but then it would be a lot less interesting too, don't you think?

The next time we observe a recent immigrant struggle with the English language let us remember some of the reasons why this language is so hard to learn. Don't you marvel that most of them, especially the children master it so quickly? Interesting, eh?



*Peggy  
Flanagan*

## TO YOUR GOOD HEALTH SEAT BELT SAFETY

Two new studies spotlight little-known seat belt hazards. This information could save your life.



**DANGER:** When they are not belted in the back seat. Researchers found that the risk of death or serious injury increased nearly five-fold for front seat passengers when

backseat passengers were not wearing seat belts. In a collision, unbelted backseat passengers may be thrown forward, pushing the front seat passengers into the dashboard and the windshield.

**SOLUTION:** Explain to backseat passengers that seat belts save lives - theirs and yours. If they refuse, you can decline to drive.

**DANGER:** Reclining in the front passenger seat. Seat belts are designed to protect passengers sitting upright. When you lean your

seat back, you risk sliding out from underneath the seat belt on impact. Plus the belt itself could cause injury. Researchers looked at three instances where front seat passengers were injured as a direct result of being reclined during an accident. Among their findings were injuries to the spine, head, neck, chest, trachea and esophagus.

**SOLUTION:** Passengers who need to snooze while the car is moving should sleep upright.

*Ann Forcier*

Excerpt from Prevention Magazine.

### IN MEMORIAM

Lois Miller Co-op has lost another long-time, faithful member.

#### Lee French

passed away on October 9th. He will be sadly missed by his three brothers and families, as well as by his many friends within and beyond the co-op.

While he was able, Lee could be seen organizing yard sales, and barbecues.

He served on several co-op committees and also volunteered at the Red Cross and at the North Kingston Good Food Box Program.

Lee's brothers/family have donated some of his furniture to brighten up the lobby of 242.

At Lee's request those who wish may send a donation in his memory to the **Canadian Diabetes Association.**

**Our condolences to Cynthia Webster of 234 who lost her father in September.**

## GOOD EATING

*With the Holiday season fast approaching, you may find yourself short on time. Here are a few easy dishes you can prepare very quickly during those busy months ahead. However, they don't sacrifice flavour for speed!*

### Tomato Bean Soup with Cheddar

*What could be simpler than this hearty soup!*

1 can of stewed tomatoes (19 oz)  
1 can of beans in tomato sauce  
1 cup of water  
1 tsp dried basil  
1 tsp parsley  
½ cup of grated Cheddar cheese

Combine all ingredients except the cheese in a pot. Heat till almost boiling then lower heat and simmer for a few minutes. Serve in bowls with cheddar grated on top.

### Cheese Ravioli

1 container of fresh spinach and cheese ravioli  
1 large can of your favourite tomato pasta sauce  
¾ cup of ricotta cheese  
½ tsp thyme  
1 tsp parsley  
strips of mozzarella cheese

Cook ravioli according to package directions. Put sauce, spices and ricotta in a large bowl and mix well. Drain ravioli and combine with sauce. Place mixture in a casserole dish and place strips of mozzarella to cover the top. Place in 350-degree oven and bake for about 15 mins. or until cheese is golden.

### Zucchini Chicken Soup

½ cup chopped onion  
½ cup chopped zucchini  
¼ cup grated carrot  
1 can stewed tomatoes (19 oz)  
Pinch of garlic powder  
1 tbsp margarine  
1 cup of diced cooked chicken  
2 cups of chicken stock

Sauté the vegetables in margarine for about 5 minutes. Add the remaining ingredients and heat through.

### Sloppy Joes

*I've seen many different recipes for this over the years, but I still like my own best. I've been making it this way for over 30 years. Hope you like it too.*

1 lb ground beef  
½ can tomato soup (undiluted)  
¼ cup ketchup  
1 tbsp Worcestershire sauce  
1 tbsp brown sugar  
1 tbsp white vinegar  
1 tbsp prepared mustard.  
Hamburger buns

Cook meat on medium hot pan (no need for oil) breaking up pieces as it cooks. When it is cooked, add the remaining ingredients and combine well. Spoon onto bun halves and bake for about 15 minutes at 350. (Personally, I like it served with beans!)





## Haunted Walks Tours

Public hangings, ghouls and body snatchers... The Original Haunted Walk of Kingston offers walking tours that take you to the city's most eerie locales. These take place at night and consist of a small group following a guide fully clad in proper haunted-tour attire: black cape, black clothing and an old candle-lit lantern in hand.



The tour meets in front of the Prince George Hotel in downtown Kingston and then proceeds over to the Market Square, right behind City Hall. It is here that participants learn about the strange happenings in Kingston's magnificent City Hall. Over 160 years old, this building held prisoners in cells that still exist in their original form today. The story goes that modern-day city workers heard strange noises, such as chains rattling, crying and footsteps, originating from the old jailhouse that currently serves as a storage facility. Each tale is thoroughly researched before making its way onto the tour circuit. You'll learn sinister tales not only about the City Hall, but also about McBurney Park, grave-robbings that took place to meet the needs of medical students studying anatomy at the local university, and many others.

For more information on tours being offered log on to: [www.hauntedwalk.com](http://www.hauntedwalk.com).



### Special Halloween Tours!

Restless spirits are reported throughout this vast country, and the organizers have collected the most terrifying and spine tingling tales to share at this most frightening time of the year! This special Halloween tour will include new stories and details not heard on the regular tour, as well as *treats, prizes and other ghostly surprises!* Expect the unexpected! **Tour Length: Approximately 2 hours.**

#### Halloween Tour Ticket Prices (All Prices Include G.S.T.)

\$16.50 Adults


\$14.50 Students, Seniors 65+, Members, Groups of 10 or more


\$8.50 Children aged 6-12

**Note: tours are often sold out well in advance and tickets must be purchased in advance.** Call: (613) 549-6366 or buy your tickets in person at the ticket office at 259 Ontario Street or at the ticket booth at 200 Ontario Street (in front of the Prince George Hotel).

# BUILDING BOARD

(CO-OP MEMBERS ONLY)

 **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.

 **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.

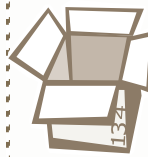
 **R**oam's Home Baking — Assorted special occasion cakes and baked goods. Call **Amanda Stewart** at 544-1241 or email at [amandassweettreats@hotmail.com](mailto:amandassweettreats@hotmail.com)



## JOCUS TOYS AND GAMES

*Do you have lots of aunts, uncles, parents and grandparents wanting to buy your kids toys and stuff for Christmas? Call me to get information on how to have a Christmas **catalogue** party and get **cash back** on all of your purchases!*

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



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



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 @ 530-3659

COMMITTEE REPORTS

BOARD OF DIRECTORS



Lesley  
Muirhead  
President  
407/242  
531-7716

Louise  
Wilson  
Vice-  
president  
304/234  
530-3816

Terri  
Fleming  
Secretary  
201/298  
542-5703

Jim Nairn  
Treasurer  
402/242  
483-8654

Sharon  
Long  
Member at  
Large  
303/242  
542-2914



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

The Annual General Meeting will be held on Thursday Nov 16<sup>th</sup> at 6:00p.m. in the common room. Elections will be held. Two board members are up for re-election. The meeting will be followed by sandwiches, cheese, veggies, and desserts and a door prize for those who attend.

Staff Changes: Leslie Phillip has resigned from her position. On Saturday, November 18th, the Lois Miller board, Cataraqui board members, and Weller Arms board members will meet for half a day to review the staffing structure which supports all three organizations and look at options for change.

**MAINTENANCE COMMITTEE**

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

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

This committee interviews prospective members and recommends them (or not) as members of our Co-op. If you think you would be interested in joining this committee, please notify the office at 545-1375.

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

We would like to welcome a new addition to our little group. Stephen Hartley, a new resident of our co-op, brings with him his considerable experience in newsletter writing. Look forward to some new developments in the next few issues. Suggestions and articles can be dropped off at the office by December 8th.

**SOCIAL COMMITTEE** (Stephen Hartley: 536-1026 or stephenhartley@kos.net)

We have a new head of the Social Committee. Stephen Hartley comes fresh with exciting ideas but he needs your help! The committee requires a few bodies to make it a great success. This does not require a lot of commitment in terms of time or effort, just as much or as little as you are willing (or have time) to offer. Contact him by phone or email. If you don't want or can't be part of the team but would like to see specific activities organized within the co-op, you are nonetheless invited to contact him with your suggestions.

In the last issue we hid a mistake for you to find. It could be found on page 6 as a sideways lemonade jug and glass. 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 co-op member to participate. Good Luck!