

Stepping Stone



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

OFFICE

Monday to
Thursday
10–12 & 1–5
5 4 5 - 1 3 7 5
www.loismiller.ca

Valerie Matthews
val@comsvc.on.ca

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FROM THE DESK OF THE PRESIDENT

As I am out walking Oscar, I look around the co-op and you know that the cold weather is on the way. Balconies that were once filled with flowers and outdoor furniture, now sit barren. Almost a ghastly look, but a look that is expected with the change of seasons.

I understand that there has been a lot of confusion regarding when members can look forward to new windows, doors and flooring. The audits on these were done in order to complete the Technical Audit which has to be submitted to The Agency of Co-operative Housing.

Once they have accepted the report then we can access the reserve funds with ease and schedule the replacement of the windows, doors and flooring. This has been a long process, but is nearing the end. We will keep you all updated on this issue

With the fall clean up behind us, I would like to thank those who showed up to give a hand. We were not many in numbers but strong in enthusiasm and managed to get quite a lot accomplished. This was followed by a Pot Luck which was as equally successful.

The next big event is the Annual General Meeting,

just a little over 2 weeks away. You have already received half of the AGM package. We used no more paper than usual just split the package in two.

On that note, the paper we buy for the co-op, on a whole, is made from 100% recycled materials so no new trees had to come down on our part. We try to do our part in saving the environment

Remember, it is your Co-op, let's all do our part!

Stephen Hartley

**Annual General Meeting
Thursday, November 15, 2007
6:30 PM**

**Attendance is obligatory
Members unable to attend are expected to inform the office 24
hours in advance**

APPRECIATING YOUR CO-OP SPIRIT

The Lois Miller Co-operative Homes has taken another step forward. In 2005 our membership asked for the opportunity to recognize those of the Co-op who have passed on. A plaque in memoriam stands in with a memorial tree in the front garden of 298's lawn. Our achieved step this year recognized those of us who are still actively promoting the spirit of co-operative living On September 18th at St. Mathews Church a modest assembly of current members gathered to recognize their contribution.

In all we acknowledged 24 current active members. Some of whom were not able to attend, and their certificates will be presented at this year's A.G.M.

The Social Committee, on behalf of The Lois Miller Co-op would appreciate this moment to show our gratitude to some of you recipients for your dedication to our community.

Lesley Muirhead with happy tears received a Pat Shea original painting of her beloved Britty for her outstanding dedication with our Co-op.



Dave Jackson accepted a Peter Collins print for his 20+ years of service with our Co-op



Nora Potter is one of our first members here at Lois Miller, and many of her ideas and practices are still being implemented at this date. After 21 good years, **YOU GO GIRL!!**



Ann Forcier for her dedicated service as Chair for the Membership Committee, and her overall knowledgeable spirit to step in when the administration required her assistance.

Sara Virgo's exuberant spirit was gratefully acknowledged for her tireless efforts with The Stepping Stone as editor in chief.

Brian Moore, a quiet hard working volunteer will be missed starting in November as he and Linda move on. Although we didn't miss the opportunity to thank him with a certificate of appreciation.

The band didn't show, so we clapped and cheered.

Fireworks were banned, so the cameras caught your shine.

Thank you all, God Bless for your spirit divine.

I understand that future plans are being developed to continue showing appreciation to members past and present who participate in any capacity they share with others. I'm looking forward to seeing more Co-operative Spirit Shining!

Darren Nicholson

A Day of Remembrance

In Flanders Fields

By: Lieutenant Colonel John McCrae,
MD (1872-1918)
Canadian Army

IN FLANDERS FIELDS the poppies blow

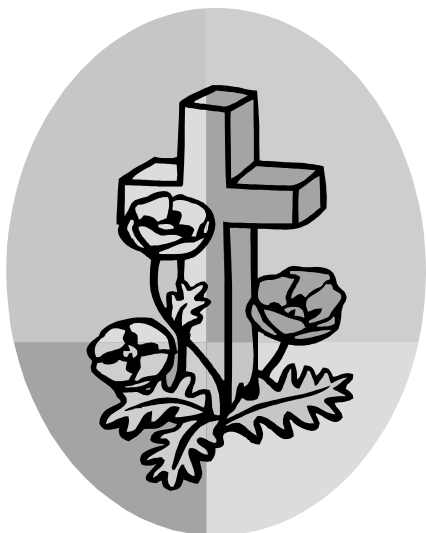
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Article provided by
Stephen Hartley
from the Veteran Affairs
Canada website



McCrae's "In Flanders Fields" remains to this day one of the most memorable war poems ever written. It is a lasting legacy of the terrible battle in the Ypres salient in the spring of 1915. Here is the story of the making of that poem:

Although he had been a doctor for years and had served in the South African War, it was impossible to get used to the suffering, the screams, and the blood here, and Major John McCrae had seen and heard enough in his dressing station to last him a lifetime. As a surgeon attached to the 1st Field Artillery Brigade, Major McCrae, who had joined the McGill faculty in 1900 after graduating from the University of Toronto, had spent seventeen days treating injured men -- Canadians, British, Indians, French, and Germans -- in the Ypres salient.

It had been an ordeal that he had hardly thought possible. McCrae later wrote of it:

"I wish I could embody on paper some of the varied sensations of that seventeen days... Seventeen days of Hades! At the end of the first day if anyone had told us we had to spend seventeen days there, we would have folded our hands and said it could not have been done."

One death particularly affected McCrae. A young friend and former student, Lieut. Alexis Helmer of Ottawa, had been killed by a shell burst on 2 May 1915. Lieutenant Helmer was buried later that day in the little cemetery outside McCrae's dressing station, and McCrae had performed the funeral ceremony in the absence of the chaplain.

The next day, sitting on the back of an ambulance parked near the dressing station beside the Canal de l'Yser, just a few hundred yards north of Ypres, McCrae vented his anguish by composing a poem. The major was no stranger to writing, having authored several medical texts besides dabbling in poetry.

In the nearby cemetery, McCrae could see the wild poppies that sprang up in the ditches in that part of Europe, and he spent twenty minutes of precious rest time scribbling fifteen lines of verse in a notebook.

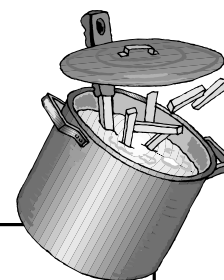
A young soldier watched him write it. Cyril Allinson, a twenty-two year old sergeant-major, was delivering mail that day when he spotted McCrae. The major looked up as Allinson approached, then went on writing while the sergeant-major stood there quietly. "His face was very tired but calm as we wrote," Allinson recalled. "He looked around from time to time, his eyes straying to Helmer's grave."

When McCrae finished five minutes later, he took his mail from Allinson and, without saying a word, handed his pad to the young NCO. Allinson was moved by what he read:

"The poem was exactly an exact description of the scene in front of us both. He used the word blow in that line because the poppies actually were being blown that morning by a gentle east wind. It never occurred to me at that time that it would ever be published. It seemed to me just an exact description of the scene."

In fact, it was very nearly not published. Dissatisfied with it, McCrae tossed the poem away, but a fellow officer retrieved it and sent it to newspapers in England. The Spectator, in London, rejected it, but Punch published it on 8 December 1915

It's time again for substantial, hearty meals after a summer of lighter fare. My thanks to Steve and Sr. Peggy, who have each contributed a healthy recipe for this issue.



Louisiana Beef Stew (This is one of Steve's favourites)

- 2 tbsp flour
- 1 tsp salt
- ½ tsp EACH of celery salt and ground ginger
- ¼ tsp EACH of garlic powder and black pepper
- 3 lbs chuck roast, cut into 2-inch pieces
- 2 tablespoons of vegetable oil
- 1 (14.5 oz) can diced tomatoes
- 3 medium onions, chopped
- 1/3 cup red wine vinegar
- ½ cup EACH molasses and water
- 6 carrots, chopped
- ½ cup raisins
- 4 cups cooked brown rice

Combine the flour and the spices in a small bowl. Sprinkle the mixture evenly over the beef covering all of it. Heat a heavy-bottomed pot to medium high and add the oil. Brown the beef making sure it is all browned. Add the tomatoes, onions, vinegar, molasses and water to the pot and bring to a boil. Cover and simmer for 2 hours. Add the carrots and raisins and simmer for an additional 30 minutes or until carrots are tender. Serve over



Scalloped Potatoes and Carrots

(This one is mine and is cooked in the microwave)

- 6 or 7 medium potatoes, peeled and sliced
- 2 large carrots, peeled and sliced
- 2 tbsp water
- 2 oz of plain or herbed cream cheese
- ½ cup milk
- 1 clove garlic, crushed
- ¼ cup grated Parmesan cheese
- 1 tbsp chopped chives

Layer potatoes and carrots in a microwave-safe dish. Add water, cover and cook on high for 10 minutes or until veggies are just tender. Beat together the cream cheese, milk, garlic and half the Parmesan. Pour over potatoes then sprinkle with remaining cheese. Cook on high 4 minutes. Sprinkle with chives

Sr. Peggy's Meatloaf

(Gets rave reviews from her family)

- 1½ - 2 lbs hamburger
- ¾ cup oatmeal (or 3 slices of bread torn up)
- 1 cup milk
- 1 egg
- ¼ cup chopped onion
- 1 tbs of Worcestershire sauce and 1 tsp of salt
- ½ tsp EACH of dry mustard, garlic powder and pepper
- Mix of BBQ sauce or ketchup (Optional)

Combine all ingredients and place in an ungreased loaf pan. Cover with sauce if using. Cook uncovered in a 350-degree oven for about 1-1/2 to 2 hours. (check on it after an hour) When it is cooked through, cover loosely with a piece of foil and let it stand for about 10 minutes before slicing. Serve with Scalloped Potatoes and Carrots.

Enjoy! - Ann Forcier

Peggy's Pen

It may seem too early to talk about Christmas shopping but isn't it true that as soon as Halloween decorations come down many stores put up the Christmas ornaments?

Perhaps November *is* an appropriate time to think seriously about the values we give our children along with the gifts we place under the tree.

Let's face it; big business is out to make a profit by seducing young kids into thinking they must have the latest toy or gadget being advertised.

Many of these best-selling computer and video games are very violent. No one would endanger the physical health of their children by sitting them down to a bowl of ground glass every morning. Why then would anyone think of exposing young impressionable children to a daily diet of violent reality games, not to mention song lyrics, which no less harm their emotional and spiritual health?

The sale of violence is profitable for the psychopathic corporations peddling this 'ground glass' to our children. If children continue to grow up in this environment will they know anything different?

I have seen children too small to reach the controls standing on chairs in video arcades to shoot people and blow up cars. Studies show that the amount of violence absorbed by youngsters contributes to their becoming desensitized to violence. Does this mean they will act out these aggressive feelings in real life? Not necessarily, but they might. After all, one way the military uses to train its soldiers to kill is to expose them to ever more graphic images of violence in order to desensitize them.

If we can't protect children from the reality of violence we can at least not promote it as entertainment. Why not refuse to patronize stores that carry violent games or CDs and tell the store managers why.

Good books are still great gifts, especially if parents take time to read those books with their kids and enjoy discussing them together.

Most children appreciate gifts that encourage their creative talents. How about the gift of music, not with an i-pod but with an inexpensive first guitar or other musi-

cal instrument?

Children also like to receive art or craft supplies? Even the old standby Lego remains popular because it lets children build their own robots and other creations.

I remember visiting a poor but loving family in which the parents showed me the homemade wooden and knitted gifts the parents had lovingly created for their six children over the months before Christmas. I wouldn't be surprised if those children, now grown, have kept those durable, homemade gifts to give to their own children.

When I visit a home and see a child's space cluttered with more toys than he/she could ever use I have to wonder why. Perhaps the best gift to give our children might be the experience of anonymously sharing their gifts with others less fortunate, and realizing the deep-lasting happiness resulting from that experience. Anyway, that's the way I see it.

Have a blessed peaceful and happy holiday everyone.



Peggy Flanagan



**Congratulations
to
Elanor Hands
on her
"65th"**



The Fall Yard Sale was a success with 11 tables and fun had by all. Even the BBQ was a big hit. The event was followed by a Pot Luck.

Linda Moore

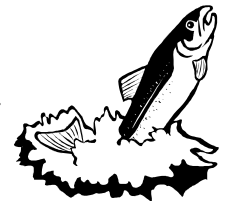
TO YOUR GOOD HEALTH A WARNING ABOUT SALMON

Some time ago, we did an article which encouraged eating salmon because of the Omega-3 health benefit. Although that statement still stands, it now has to be qualified as to what type of salmon to eat. Dr. David Suzuki has warned us that *farmed* salmon should never be consumed. These salmon farms raise the fish like cattle in ocean pens in a stew of chemical additives, pesticides, antibiotics and their own waste. He says, "It is disgusting that anything should have to live in those conditions."

He warns us not to eat any Atlantic salmon or Pacific farmed salmon. That's because east coast salmon is all farmed; there is no longer any wild Atlantic salmon. On the Pacific coast, wild Sockeye and Pink are safe to eat, but all other varieties are farmed.

He goes on to describe how the salmon are fed a diet of gray fish pellets made from other fish and contain concentrated levels of toxic chemicals. If that was not bad enough, these pellets turn the salmon gray which is not very appetizing for the consumer. Therefore, they are died with more chemicals to an appealing shade of pink. There is actually a "salmon fan" not unlike the fan you select your paint colours from. They can then pick a colour they want to salmon to be!

Dr. Suzuki says, "Just remember, if it's *farmed*, you don't want to eat it. If it's *wild*, then it is safe to eat."



Article provided
by
Ann Forcier

We Say Goodbye to the Moores'

In the 13 years I have lived in the Co-Op, I have seen lots of families come and go. Some I have got to know, some I didn't. In May of 2006 a couple moved into the Co-Op, before long Brian and Linda Moore were busy doing lots of volunteer work around the buildings, and on committee's. You would find Brian outside puttering around. Linda loves to bake, and the aroma of baking bread and buns would smell in the halls of 298. Brian and Linda are leaving the co-op at the end of October. Our best wishes and thanks to them as they leave our Co-Op.



Elanor Hands

RABBITS MAKE GOOD PETS TOO!

When people think of a family pet, what comes to mind most often are either dogs, cats, budgies or fish. There are many families especially those with children who have pets that fall into the rodent category. Having raised rabbits for many years and even having our own rabbitry in BC, we have become very familiar with what it takes to raise a rabbit that is healthy and happy and can easily become a perfect family pet for those living in apartments, limited funds and don't particularly like going out in all kinds of weather to "walk the dog". The most expensive outlay is probably the cage, the most ideal ones being close to \$100 for a good 30x30 cage with metal tray that slides in the bottom. The only other items needed are a metal feeder that fits in the side of the cage, a water bottle that also attaches to the side, good quality dust free rabbit pellets and hay

(Alfalfa cubes are the best since there is less waste) and preferably kitty litter for the tray under the cage. Unlike other animals, rabbits do not need a license and don't need shots since the only disease they can get would be if they came into contact with wild ones. About the only trip to the vet would be about every 3 months for nail cutting. Rabbits are also extremely smart and learn very quickly and since they go to the bathroom in the same place all the time, they very easily adapt to using the same corner of their cage. Clean-up is very easily done by cleaning out the tray about 3 times a week plus keeping the bottom wire clean. Rabbit manure is also very good for lawns and gardens as compost. Since rabbits have a bad habit of chewing things that are not natural to them, it is a wise idea when allowing a pet rabbit out for periods of time that the animal be supervised.

We have found that the best way to select a rabbit for a family pet is not size but temperament and the French lop is ideal for that, however there are many varieties and colors of rabbits to choose from and do not need fixing unless one has one of each sex. Since pet stores seem to know so little about rabbits, the best place to adopt one is from the Humane society who usually have a few that are healthy and are able to let one know whether they are getting a male or female. Putting 2 males or females together is also not advised since rabbits are very territorial. The average lifespan of a rabbits can be anywhere from 6 to 9 years and once they become a family member can become a very friendly and affectionate member of the family.

Gill Brett

Condolences

To Rick & Cindy Burns, on the tragic death of Rick's father, Alan Leo on August 10th 2007.

Night-time Santa Parade

Saturday, November 17th, 2007

An evening Santa Claus Parade—
Come out and enjoy the magic of the season!

Downtown Kingston 5:00 PM
For more info call: 613-542-8677



Meet Your Neighbour

Shawn Kiley

Hi! My name is Shawn. I am seventeen and I have lived in this co-op all my life. I think it is time I introduce myself, especially to those members who don't know me.

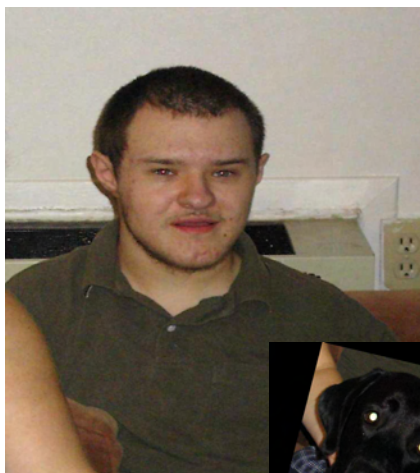
I live at 298 Guthrie with my mom, Carol Kiley and my friend, Hero.

Hero is a black lab and he is my best friend because I don't make other friends very easily.

I have the disease of autism and so do not talk much. Sometimes I have to make noises to express my feelings and don't know the words to say. I do not feel comfortable in crowds of people. However, I do relate better on a one to one, and when people get to know me

I usually become comfortable with them too.

I do not go to co-op gatherings where there are a lot of people because I get really nervous and anxious in new environments or changes of any kind and I don't want



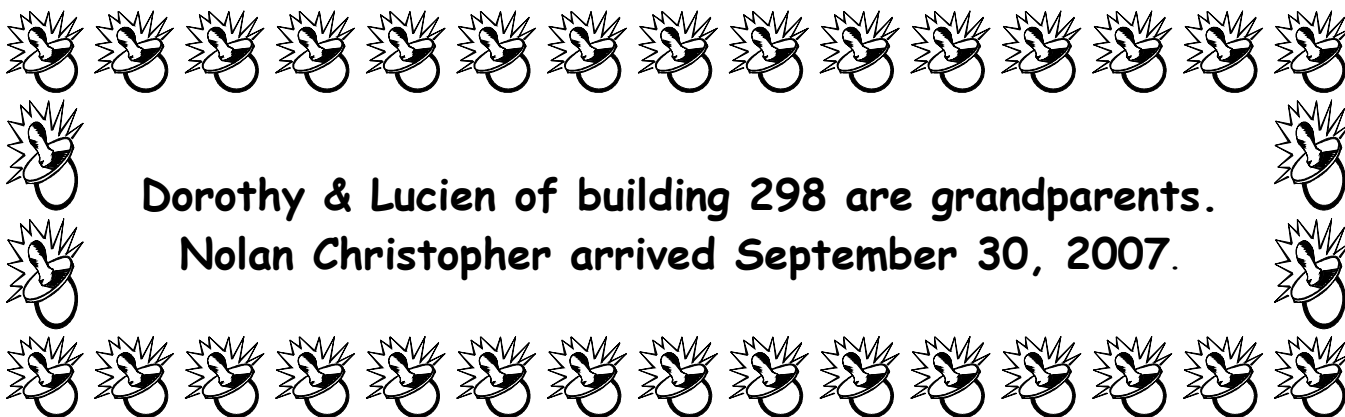
folks who don't understand my disease to feel scared of me because I sometimes act differently than other people.

I would like to tell all my neighbours that if you see me outside with my mom, please wave. I might not respond verbally but I will return your wave or give you one of my charming smiles.

If you would like to know more about autism please contact my mom at 613-536-7121

Shawn Kiley

(Shawn was assisted by his Mom in writing this)



Dorothy & Lucien of building 298 are grandparents.

Nolan Christopher arrived September 30, 2007.

COMMITTEE REPORTS

BOARD OF DIRECTORS

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

The Board reminds all to come out to the Annual General Meeting on November 15, 2007. It is part of your commitment to the Co-op,. The Board continues to welcome your comments and works very hard to represent you and the Co-op in the most positive manner.

MAINTENANCE COMMITTEE

Meetings are open to all. Come on out and show us what you can do for the Co-op. Meetings are the 3rd Wednesday of each month @ 7:00 pm in the common room. The Committee would like to thank Brian Moore for all his assistance and wish him and Linda the best. We are always on the look-out for new members—interested, come out to a meeting.

MEMBERSHIP COMMITTEE

If you have any questions regarding the Membership Committee, give a call to the Office. The Committee would like to express our sincerest thanks to Louise Wilson and wish her all the best in her future endeavors.

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. It also provides ideas for fun, but cheap activities to be found around the town of Kingston. The members of the Committee would like to express our sincerest thanks and gratitude to Sara Virgo for all her work and wish her and her family the best in their new home.

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 thanks to Linda Moore as chair and wish her and Brian the best in their new home. Watch for future information regarding the Christmas festivities for the Co-op.



Stephen Hartley

President

shartley1@cogeco.ca

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536-1026

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Armstrong

Vice-president

402/234

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Sharon Long

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(Please type
"treasurer" in the
subject line.)

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Can You Spot It?

No one found the mistake in the last issue. It was located on page 2. It stated From the Desk of the Principal and not President. 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 10

-  Euchre Night
-  Good Food Box Pick up
-  Good Food Money Due (\$)
-  Santa Claus Parade

November 2007

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

December 2007

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

Kidz World

SP Words



SPACESHIP
SPADE
SPALL
SPAM
SPANIEL
SPARERIBS
SPARES
SPARGE
SPARSE
SPARTA

SPAY
SPEAR
SPECTROMETER
SPED
SPELL
SPELT
SPEND
SPEW
SPHERE
SPICES

SPICY
SPIEL
SPILL
SPINAL
SPINDLE
SPINE
SPINSTER
SPIRE
SPIRIT
SPITBALL

SPITE
SPLASH
SPLAT
SPLEEN
SPLENDID
SPLENDOR
SPLENIA
SPLINE
SPLURT
SPOIL

SPONSOR
SPORE
SPOTS
SPOTTER
SPRAIN
SPREAD
SPREE
SPUD
SPUNK
SPURGE
SPY

Riddles

If you were running a race and passed the 2nd placer runner, what place would be in?

2nd place

I am an object. Use fractions to figure this out. If you take away the whole of me, I get bigger. What am I?

A Donut

What can run but never walks? Has a mouth but never talks? Has a bed but never sleeps? Has a head but never

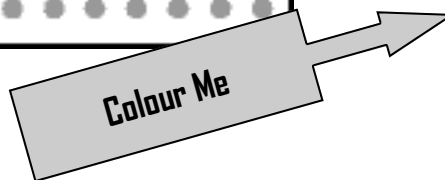
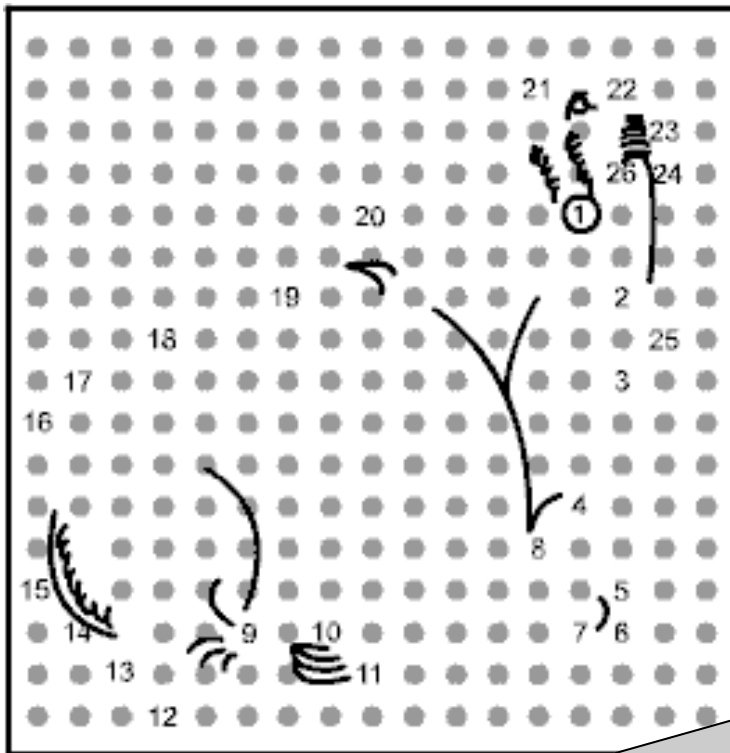
A river—a river runs and has a mouth when it merges into a sea. Has a river bed and has head at it's mouth.

Colour Me!



Colour Me!

Connect the Dots



Danish Woven Baskets

Materials Needed:

2 pieces of different coloured shiny paper and glue.

Cut a rectangle 2 1/4 inches by 8 inches out of each piece of paper. Fold the rectangles in half. Hold each one so that the open edges are at the top. Round off the corners. Cut two slits up from the folded edge, making them 3/4 inch apart and 2 3/4 inches long. Start weaving one part into the other as shown. Tuck 1 between the layers of C, tuck B between the layers of 1, and 1 between the layers of A. Slide the woven part up a little and now tuck C between 2, 2 between B, and A between 2. Finally, tuck 3 inside C. B inside 3, and 3 inside A. You should be able to see a pattern on the inside as well as on the front and back when you open your basket. Glue a handle between the two woven layers on each side of the heart. Fill your basket with nuts, candies or other treats and hang it on your tree or give it as a gift.

