



Flamingo Flyer

Newsletter Committee

The newsletter committee is working hard to establish a new and improved monthly newsletter. We've coordinated all of our publishing dates with the monthly board meetings so we can include a board report each month. We're also asking that all committee chairs (or a

committee representative) submit a monthly update - news, information, meeting dates, etc. These reports will help keep all co-op members informed and updated.

The newsletter is also a great way for members to announce upcoming events and birthdays, introduce new members, share family recipes, promote items for sale, etc. Everyone is invited to contribute!

In order to meet our publishing and distribution deadlines please email all submissions to westhillsnewsletter@gmail.com or drop them off at Unit #5 for each issue by the following dates:

| Issue | Submission Deadline |
|---------------|---------------------|
| Sept - Sept 5 | Nov - Nov 7 |
| Oct - Oct 3 | Dec - Dec 5 |

The newsletter committee is looking for a new name!! Please email your suggestions to westhillsnewsletter@gmail.com or drop them off at Unit #5 by September 5th. We'll include everyone's ideas (including the current name) in the September issue and give the co-op a chance to vote on their favourites.

Chrissy

Your Co-op News

August 2008

Board Report

Hello once again West Hills! At a special meeting last week, the board elected your new directors for this year. Scott Wells is our President. John Robinson is our Vice-President. Tom Townsend is our Treasurer, and Teresa Mackay is our Recording Officer.

Additionally these board members have liaison positions which include:

- Inspection: John Robinson
- Landscaping: Rick Kennedy
- Maintenance: Teresa Mackay
- Membership: Tom Townsend
- Participation: Jason Vane
- Newsletter: Scott Wells
- Social: Melissa Brown
- Cleaning: Scott Wells

Well, we had another clean-up day, and by the looks of the co-op it went very well. Although it did not look to be well attended, many units had participated in the days leading up to Saturday since they had made plans to be elsewhere. But as you can see, the co-op looks good.

I want to thank Danaé Wells, Tom Townsend, Isabel Callaghan, and Nancy Martin for their terrific help with the barbeque, and especially Danaé and Tom for their help with the clean-up afterwards.

Scott



Editorials - the Good, the Bad, and the Ugly!

Miscellaneous Ramblings

Why does winter seem so long, and summer zips by in a moment? I'm sure that the kids feel this even more than I do as they look forward, or dread, back to school. The CNE is on already – how did that happen so fast?

My family used to go every year, but we haven't done it in so long. I'm thinking about it with nostalgia, and thinking we should go, hoping it wouldn't be a big disappointment compared to my fun memories of it; checking out the exhibits in the crafts building, the yummy treats in the food building, neat gizmos for sale, everyone splitting up to see their favourites or go on rides (I love roller coasters) and then meeting back at the hockey hall of fame at the appointed time.

I've been glued to the TV every moment that I'm home, for the Olympics of course. In my normal life, I don't watch anything before I go to work, and other than my secret addictions of Wheel of Fortune and Jeopardy (oops, secret is out) at dinner time, I watch football and hockey and NCIS. During the Olympics, I watch the events, and the reruns, and switch to another channel to watch more. I'm watching until the last second before I leave for work, and I'm staying up way too late, until my eyes are red and I can scarcely keep them open, unable to pull myself away from it all. I'm watching sports I don't normally care about, and cheering for athletes I've never heard of (if we don't have a Canadian competing). I can spot all the other Olympic junkies easily – we all look really tired, and the first words out of our mouths are "Did you see that race/dive/trampoline etc. last night?"

My very favourite moment was after the men won gold in rowing. Most athletes mouth the words as their anthem is played – our guys belted out Oh Canada loud and proud, just the way it should be, off key and all. It was wonderful. I could watch that again and again.

Shelley

West Hills Co-op Reminders

- Sept 1st Housing Charge Increase: \$790.00 for a 3 bdr & \$735.00 for a 2 bdr. Remember to "top up" your member loan by \$10.00 also!

- Paint Allowance expires at the end of the fiscal year (Aug 31, 2008). Please contact Tom Townsend to make a claim 905-389-7088.

City of Hamilton Fall Recreation Courses & Lessons

- Registration begins on-line and over the phone for Sir Allan MacNab & Westmount Rec Centres Thursday Sept 11 at 6:00am

- Drop-off and mail in registrations must be received on or before Thursday, Sept 4 (processed on registration date)

For more info contact recreation@hamilton.ca or 905-546-3747

City of Hamilton Garbage & Recycling Information

There is often garbage and recycling that is left behind in the co-op on collection day (not packaged/sorted correctly, etc). The City of Hamilton website has lots of great information on regarding processing of your garbage and respecting the Environment. Look for upcoming topics on:

- Green Cart Composting
- Blue Box Recycling
- Household Hazardous Waste
- Garbage Collection
- Leaf and Yard Waste
- Bulk Goods



Healthy Living

The Sacred Tree Teaching - Part I

Submitted by Nancy Martin

For all the people of the Earth, the Creator has planted a Sacred Tree under which we may gather, and there we will find healing, power, wisdom and security.

The roots of this tree spread deep into the body of our Mother Earth. Its branches reach upward – like hands praying to Father Sky.

The fruits of this tree are the good things the Creator has given to his people: Teachings that show the path to Love, Wisdom, Justice, Patience, Compassion, Generosity, Courage and those which bring balance into our lives: Honor, Dignity and Respect

The ancient ones taught us that the life of the tree is the life of the people.

If the people wander far away from the protective shadow of the tree, if they forget to seek the nourishment of its fruit, or if they should turn against the tree and attempt to destroy it, great sorrow will fall upon the people.

Many will become sick at heart. The people will lose their power. They will cease to dream dreams and see visions. They will begin to quarrel among themselves over worthless trifles. They will become unable to tell the truth and to deal with each other honestly. They will forget how to survive in their own land. Their lives will become filled with anger and gloom. Little by little they will poison themselves and all they touch.

It was foretold that these things would come to pass, but that the Tree would never die. As long as the Tree lives, the people live. It was also foretold that the day would come when the people would awaken, as if from a long, drugged sleep, that they would begin, timidly at first, but then with great urgency to search again for the Sacred Tree.

The knowledge of its whereabouts, and the fruits that adorn its branches have always been carefully

guarded and preserved within the minds and hearts of our wise elders and leaders. These humble and dedicated souls will guide anyone who is honestly and sincerely seeking along the path to the protective shadow of the Sacred Tree.

Recipe of the Month

Fruit Marlow (Basic Recipe)

30 marshmallows (½ pound)

1 ½ cups whipping cream

1 ½ cups hot pineapple juice

fruits or nuts

1. Melt marshmallows in fruit juice, over boiling water.

2. Cool; fold in cream which has been whipped until thick but not stiff.

3. Add fruits or nuts; freeze.

The cream may be replaced by 1 6-ounce can evaporated milk, chilled and whipped.

COFFEE MARLOW

Use 1 1/2 cups strong clear coffee to replace fruit juice.

APRICOT MARLOW

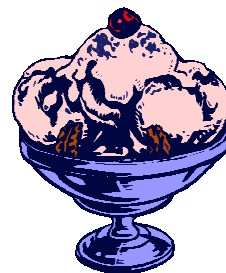
Replace pineapple juice with apricot nectar; if desired beat in 1 cup canned apricots, drained and chopped.

STRAWBERRY MARLOW

Replace fruit juice with 1 package frozen berries thawed; add 3 table-spoons lemon juice.

CHOCOLATE MINT MARLOW

Heat 2 ounces chocolate and a dash of salt with 2 cups milk over hot water; beat until smooth. Add 30 marshmallows. Cool. Fold in 1 cup cream whipped and 1/8 teaspoon peppermint extract. Freeze



Updates

Web site Update

Our site is finally finished with the completions of the Organizational Bylaw and a working Guest-book.

The last order of business was to get our site "indexed" by the search engines. This has proven to be quite a task. We have been indexed by Yahoo, but are not yet in their directory. We are awaiting inclusion into the Open source Directory by DMOZ (the world's largest directory--like the yellow pages for the internet). Google does not index your site unless you are listed in these directories.

The process has meant some changes to the web pages themselves...many of which you will have noticed. In order to have google "rank" your page (in our case our main page) we had to mention our name "West Hills Co-op" as many times as possible without becoming too annoying (sorry) so that when someone types "West Hills Co-op" into their web browser, Google thinks that their are enough of those words on our page to warrant placing our site at, or near, the top of their search results. And since there is a West Hills in Southern California, you can imagine how many sites would precede us. So we needed all three words to appear.

This process is called site optimization...and it includes such silly things as bolding words. Google ranks pages higher if the words that someone is looking for are in bold (or in their words "made important"). So our first page now has as many "West Hills co-op"s as I could put without my fingers recoiling from the keyboard in rebellion from the redundancy of it all...and I put as many in bold as whatever style I had left in me after that exercise, had totally left me.

It doesn't look as nice, but I hope it gets the job done. We also had to add a "Related links" page. But more on that in another issue.

Scott

www.westhillscoop.ca

Cleaning Committee

The cleaning committee has had their first meeting. Their next meeting is scheduled for August 28 at 7 pm in the social hall. The committee is interested in obtaining only two more members.

Landscaping Committee

The front garden is now completely weeded and transplanted. So, we are ready for the sod along the edge in the fall. That should brighten up the entrance of our "home" here. The committee asks that if you have borrowed tools, could you please return them to the landscaping shed at the end of the day. In that way, other co-op members can use the equipment when you aren't busy with it...even if your job isn't quite finished. If the other member does the same thing, then when you return to obtain the tool, it will be there...and everyone will be happy.



Welcome to our newest members Mike and Adair Atchison in unit 15. Both Mike and Adair were out for clean-up day. Thank you. They are already hard at work in their unit, "making it their own".

A further welcome goes out to Mike Obermeyer and Jaimie Reeves, who will be moving into unit 47.

We hope that West Hills will be home to them for a long time.

As for our long standing members...camping season is coming to a close <a moment of silence>

Happy birthday to Bonny Woods, Amy Sinclair, and Sue Robbins.