

Cohousing

The Newsletter for Cohousing in Canada

Volume 18 ~ Issue 1

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Introducing: Fernwood Urban Village

**by: Bill McKechnie
Fernwood Urban Village
Victoria, BC**

The Fernwood Urban Village (FUV) is a "forming" community. As of February 2010 we have assembled the land, and architectural plans are being prepared based on the best principles and practices of successful cohousing communities across North America and Europe. The original building and concept layouts were created by an experienced cohousing architect from Portland, Oregon. The proposed 32 units surround a common courtyard creating our intentional "pocket" neighbourhood.

The common areas include the usual amenities; kitchen/dining room, card playing areas, workshops, media/music room, sitting areas, etc. The common laundry area is adjacent to a unique foot soaking room modeled after the popular meeting areas (Ashiyu) in Japan. The landscaping is based on permaculture growing techniques.

The founding group have interest in, and are connected to various sustainability groups in Victoria. We are putting emphasis on intensively growing vegetable and flower gardens. The gardens should become a major component of the village atmosphere, maintained by those who have an interest in organic and permaculture methods. The sunny exposure and micro-climate surrounding our location allows for the growing of a variety of fruits and vegetables. Greenhouses are part of the layout.

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Our Home is a Community

**by: Kathryn Hazel
Pacific Gardens Cohousing
Nanaimo, BC**

We had a very exciting Christmas and New Year in Pacific Gardens. Our residents had staff Christmas parties, a Solstice Celebration, lots of great food, dancing, karaoke, live music and wonderful fellowship.

Pacific Gardeners had a cooked Christmas dinner for everyone who was at home for the holidays, and we loved using our kitchen and Fagor dishwasher that washes the dishes in 90 seconds.

Strangely enough, we had no shortage of people who wanted to do the dishes!

We now have seven international students from Nanaimo's Vancouver Island University living in our community. On Saturday, Feb. 13, the Chinese students among them hosted a fabulous Chinese New Year's party for the whole community and their friends.

More than 50 people filled the dining hall for a fun-filled evening of Chinese food, games, and celebrations. The students also gave lessons in Chinese cookery as they prepared the meal, and handed out wonderful door prizes.

meeting as a strata corporation on March 15, when we make the big change from a development company to a condominium.

We have potlucks every Thursday night at 6 pm open to the wider community that attract up to



View of the site of our future organic garden.

Pacific Gardens is a lively place now, with regular ping-pong games in the north atrium, a host of willing volunteers working in our soon-to-be-planted gardens, and a special Spring Equinox celebration for our community scheduled for March 20.

We're busy drafting policies, forming committees, doing marketing of our remaining unsold units, and preparing for our first annual general

15 to 20 people, and two guest rooms in frequent use.

We hope you will come visit us at our beautiful building and see for yourself what's happening!

You can reach us at
250 754-3060,
joinus@pacificgardens.ca,
www.pacificgardens.ca.



Wolf Willow Will Offer Senior Cohousing

by: **Dave Glaze**

Wolf Willow Cohousing Saskatoon, SK

Wolf Willow is a senior cohousing project in Saskatoon. We plan to build 18 – 20 apartment units on our land near the centre of the city and have them ready for occupancy in 2012.

With the assistance of our project manager, Ronaye Matthew, we recently hired Peter Treuheit of Sechelt, BC

as our lead architect and Paul



Blaser as our local consulting architect. We have started the series of workshops that will lead us to our final design.

We're not above trying the unorthodox. On a weekend in early February, we rented a lift platform to take us four floors above the vacant ground to get a better idea of the sight lines offered on our site.

We may be the first cohousing project in Saskatchewan and the first senior

cohousing in the country. We are educating ourselves on the finer points of aging in place, co-care, private and public care and the like. We have a lot to learn.

Two and a half years into development, we have four equity households and five associate households. We've had inquiries from across western Canada and would be happy to hear from you.

Please contact:

Susan or Dave

306-242-4765

gilmerglaze@gmail.com

www.wolfwillowcohousing.ca



BC's Facilitation Intensive Series

By Andrea Welling
WindSong Cohousing
Langley, BC

The BC Facilitator Intensive Series started in April 2009 at Creekside Commons in Courtenay on Vancouver Island. Participants from nine different BC communities are currently involved: WindSong; Quayside; Creekside; Robert's Creek; Eco-Reality; OUR Ecovillage; Yarrow; Cranberry Commons and Pacific Gardens.

Each intensive long weekend is hosted by a different community. During the intensive, participants learn new facilitation skills and get plenty of hands-on opportunities to use these skills in the training group and during the two plenary sessions for the host community.

At the Creekside Intensive, reflective listening and summarizing were two major themes for the weekend. Reflective listening involves

listening carefully to the speaker and paraphrasing back to them what has been heard and then asking them if the paraphrase is correct. The power of reflective listening is that it allows participants to feel heard and acknowledged. Participants who speak too long or use forms of communication that are not appreciated by the group often respond well to reflective listening.

My major "take-away" from the weekend was that the more emotionally charged a topic becomes, the more the facilitator should intervene with reflective listening and summarizing. Summarizing involves taking the topic of discussion and distilling it down to a couple of main themes. Summarizing helps to speed things up, decreases repetition, and increases the degree to which all members understand what's been said to allow next steps to emerge easily.

During the Intensive at WindSong, we learned about meeting formats. Different formats allow participation on many levels (big & small group), for different learning styles and to create safety for emotional expression. We used a Truth Mandala where participants were invited to express their emotions with the larger group as a witness and support. We used a Migration process where participants would state their feelings and like-minded participants would move toward them. The power of a kinesthetic approach, where members get up and move physically, helps them to get out of their heads and into their hearts.

My major "take-away" from the weekend was the power of intention and ritual to create a safe space to allow emotional expression.

At the Robert's Creek Intensive, we discovered a

(Continued on page 6)

Lindenberger / Welling – Facilitation and Consensus Training

Facilitation tailored to your community's needs.
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Transform impasses into insights.

Learn new skills to bring out and unify your community's voice.



Daniel Lindenberger
daniel@smallboxsoftware.net



For more information contact:
Andrea Welling
andrea@momcoach.ca

Become a member of the Canadian Cohousing Network

The Canadian Cohousing Network (CCN) is a registered non-profit organization that promotes the creation of cohousing communities as a model for sustainable development by raising public awareness about cohousing and by bringing people together to form communities.

The most valuable function of the CCN is making connections with people who are interested in living in a cohousing community. The CCN links individuals and cohousing groups together to share resources and make the process of creating a community easier and more economical.

For more information contact:

Western Canada

Canadian Cohousing Network
#27 - 20543 96 Avenue
Langley, BC, V1M 3W3
24 hour info: 604-878-3311

Eastern Canada

Canadian Cohousing Network
186 Ridgewood Crescent.
Bolton, ON, L7E 4V6
Tel: 905-857-8738

www.cohousing.ca

Recipes for Cohousing Communities

by **Vesanto Melina**
WindSong Cohousing
Langley, BC

Cam Doré & I presented "**Meals and Dietary Diplomacy in Cohousing**" at the 2009 cohousing conference in Seattle. As a result we are creating a website dedicated to creating community meals.

www.cohousingmeals.com

If you have a great recipe that is working well in your community we invite you to please e-mail it in MS Word (doc) or PDF format to vesanto@nutrispeak.com.

Please use the outline below.

Recipe Name. Use a name that is descriptive, such as "Curried Lentil Soup" or "Apple Coconut Crisp".)

Yield. Number of servings or amount (such as 8 cups)

Headnote. Introduce your dish with a brief description such as "This is our favourite soup for autumn and winter lunches and suppers. It is quick and easy. Best of all, everyone loves it."

Cohousing Community. Name your cohousing community, its website and location.

Source. List the source (book or recipe creator).

Ingredients. List ingredients, giving quantity, ingredient, and form. For example:

5 apples, peeled and chopped (about 5 cups)
1 cup coarsely chopped walnuts
1 teaspoon ground cinnamon
1 head green cabbage, chopped (5 to 6 cups), or...

Directions/Method. Describe the procedure in a way that helps cooks as well as you can. If it's not appropriate to give an exact cooking time, provide a range (e.g., bake for 40 to 50 minutes).

Accompany your approximation with a description of how the finished product should appear so readers will know when it is done (for example, "Bake for 30 to 40 minutes, or until crisp").

Recipe Category

Vegetarian (no meat, fish or poultry)

Vegan (no meat, fish, poultry, eggs, dairy, or honey)

Non-Vegetarian (may contain meat, fish, poultry and/or other animal products)

Wheat Free (no wheat or ingredients containing wheat)

Dairy Free (no milk or dairy products)

Thank you! The site will be up soon with some popular and well tested recipes.

Editor's note: Vesanto is a highly experienced Registered Dietitian; her website can be found at

www.nutrispeak.com



Facilitation Intensive continued ...

(Continued from page 4)

process called Appreciative Inquiry (AI). The basic premise of AI is to focus on what *is* working rather than what isn't. AI uses four stages (Discover, Dream, Design & Deliver) to explore any topic that is important to a community. In one part of our AI exercise, participants were asked to focus on a time in their community when they felt really alive and engaged.

I recalled a time at WindSong when we created a special talent night. Philip, who had just turned 50, had just been diagnosed with a brain tumour. His request for a show with all-WindSong entertainment touched everyone's hearts and I felt so alive to be part of the show. He died about a week

later. My major "take-away" from the weekend was how important connection and relationships are in our communities.

During the intensive at Quayside Village, we discussed difficult people and performed role-plays about how to handle bullies, "new age blamers" and victims. We talked about our own stories of being a difficult person during our community processes. I was impressed how many of us were willing to reveal our own tendencies to be self-righteous, pushy, argumentative, passive, quiet, manipulative, and unwilling to take action or set boundaries.

My major "take-away" from the weekend was how challenging it can be for

communities to have conversations that get to the heart of their issues when there are difficult people in the mix. A safe space is needed so we aren't scared to offend others with our feelings and perspectives.

While some of us were fortunate enough to be able to attend these weekends, not everyone was able to participate. Daniel Lindemberger and I are planning to host a one-day workshop entitled "Facilitation 101: Skills for Your Community" in the Spring of 2010. If you are interested, please contact Andrea Welling (WindSong Cohousing) andrea@momcoach.ca ph: 604-513-8976



Victoria's New Cohousing Community continued ...

(Continued from page 1)

After all, Victoria is Canada's garden capital.

The FUV is located on the rim of Victoria's urban core in the Fernwood district, probably the most progressive residential area in Victoria. It's an easy walk to the theatre district, the Inner harbour, Library, the Bay Centre, Johnson St, and Chinatown. Because of the proximity to services and downtown, the FUV encourages the use of bicycles and car-share. While

residents may own a car, parking spaces are designed to accommodate smaller energy-efficient vehicles. Sheds for kayaks and bikes are part of the common infrastructure.

As of the beginning of March 2010 we will be applying to the City of Victoria for a development permit, a process that will take approximately 6 to 8 months. The current City Council is supportive of this type of development.

There is a possibility, and a likelihood of breaking ground somewhere around the Spring of 2011.

To join, and become a voting member a small deposit is required.

To get on an e-list please reply with your contact info: bmckechnie@shaw.ca, or mail a short note to the Fernwood Urban Village, box #130, Victoria, BC V8W 2M6



The Olympics at WindSong Cohousing

by **Maureen Butler**
WindSong Cohousing
Langley, BC

Journalists have remarked that the 2010 Olympics in Vancouver have not only driven the city into a happy frenzy, they have also united the country. I would make the same observation about cohousing; Olympic fever has certainly brought us closer together at WindSong.

We have been enjoying each other's company much more in the past few weeks, watching events as well as discussing deeper issues. On Feb. 12, we had a delicious community meal as the opening ceremonies played on a big screen digital projector in our common dining room. When the slam poet said that Canadians are characterized by the use of the words "please" and "thank you" a number of WindSongers shouted out the word "sorry" as something Canadians also say a lot!

During the next weeks, WindSongers cozied up daily to the 32" TV in our media room to watch events. Many of us don't have cable TV, and watching the Olympics together was, well, just more fun. The biggest draws were hockey and figure skating. In the female dominated media room, for the pairs medal event, one of our residents remarked "yes, I was the only male in the room surrounded by the sisterhood of skater chicks." We broke a WindSong record for the women's free skate, with 16 WindSongers plus a dog packed into the media room which has chairs for only 4 people!

Our physical closeness in our media room reminded me of what was happening in Vancouver: crowds of thousands on the streets, in cafes, in pavilion lineups - everyone in fantastic spirits. I think the difference is that after the Olympics, Vancouverites will go back to

their regular lives, many with a lack of a community closeness, whereas we in cohousing still have community.

We also had some lively group discussions about Olympics issues on our WindSong Google groups email. We talked about Olympic nationalism, who really watches figure skating (more men than you think!) and why that Tim Hortons ad about the family reuniting at the airport touched us. As usual, there was a great variety of viewpoints.

My theory is that human beings want to be close to each other, and the 2010 Olympics has given Canadians a chance to connect. As one of my neighbours said, "but do we have to spend millions to do this?" It seems that cohousing provides a more economical, more enduring way to make this human connection.



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www.cohousingconsulting.ca

Ronaye Matthew

Email: cdc@cohousingconsulting.ca

Phone: 604-570-0742



Canadian Cohousing Communities at a glance

LOCATION GROUP NAME ADDRESS	HOUSEHOLD TOTAL (CURRENT)	CONTACT NAME	WEBSITE PHONE EMAIL	DESCRIPTION
BRITISH COLUMBIA				
COMPLETED COMMUNITIES				
BURNABY, BC Cranberry Commons 4272 Albert Street, Burnaby, BC V5C 2E8	22 (22)	Ruth Walmsley	www.cranberrycommons.ca (604) 298-9220 ruth@cranberrycommons.ca	Mixed townhouse & apartments. 20 min drive to downtown Van. Parks, schools, rec centre, restaurants, shops & other amenities all in walking distance. Spectacular mountain views!
COURTENAY, BC Creekside Commons 2202 Lambert Drive, Courtenay, BC	36 (36)	Pam or Don Munroe	www.creeksidecommons.ca (250) 338-0187 dpmunroe@telus.net	36 duplex-style homes clustered on 9.8 acres within walking distance of downtown Courtenay. Adjacent to a park with salmon stream. 3500 SF common house. Many sustainable features incorporated into the design.
LANGLEY, BC WindSong 20543-96th Avenue Langley, BC V1M 3W3	34 (34)	Valerie McIntyre	www.windsong.bc.ca valerie333@windsong.bc.ca	Environmental award-winning townhome development with glass-enclosed pedestrian streets. Nestled on a 6 acre site, with 4 acres of natural salmon creek reserve, organic community gardens, & 5000 sq ft Common House. Visitors & tours welcome.
NANAIMO, BC Pacific Gardens PO Box 207 Station A, Nanaimo, BC V9R 5K9	25 (25)	Pacific Gardens	www.pacificgardens.ca 250-754-3060 joinus@pacificgardens.ca	4.37 acres with tranquil river setting; 25 condo-style apartment homes; glass-covered atrium, 8000 sq ft central common house, gardens, green building design.
NELSON, BC The Middle Road 3140 The Middle Road Nelson, BC V1L 6M3	11 (11)	Candie Cumberland	www.cohousing.ca 250-825-9511 candieandray@mac.com	Single-family, owner-built homes on 50 acres over looking Kootenay Lake. Households own their lots plus share in 25 commonly held acres, two acres garden land. Common House is a beautifully renovated barn.
NORTH VANCOUVER Quayside Village 510 Chesterfield Avenue North Vancouver, BC V7M 2L9	19 (19)	Quayside Village	www.quaysidevillage. googlepages.com quaysidevillage@gmail.com	Mixed townhouse and apartments. Incredible views of ocean, mountains, and city. Walk to the public market, shops, restaurants, cinemas, parks, and gardens.
ROBERTS CREEK, BC Roberts Creek Cohousing 1131 Emery Road Roberts Creek, BC V0N 2W0	31 (31)	Gary Kent	www.robertscreek cohousing.ca (604) 885-2971 garykent@telus.net	Located in the "heart" of Roberts Creek. A mix of single homes & duplexes clustered on 8 acres, with 12 acres preserved as natural habitat. 2840 SF common house plus two converted portables, workshop and multi-purpose room. Mature coniferous trees throughout and salmon creek adjacent to the development.

LOCATION GROUP NAME ADDRESS	HOUSEHOLD TOTAL (CURRENT)	CONTACT NAME	WEBSITE PHONE EMAIL	DESCRIPTION
BRITISH COLUMBIA				
PROJECTS IN DEVELOPMENT				
BOWEN ISLAND, BC Belterra Cohousing Carter Road Bowen Island, BC	27-36	Roger McGillivray or Stephanie Legg	www.belterracohousing.ca 604-947-9486 info@belterracohousing.ca	Belterra is a beautiful 10 acre property within a 15 minute walk of the village of Snug Cove on Bowen Island (a 20 minute ferry ride from West Vancouver). The site has sloping open meadows, forested areas, steeper rocky bluffs with exceptional ocean and mountain views and a year round creek. Our goal is to create an affordable eco-village while preserving the natural features of the land.
FRASER VALLEY, BC Yarrow Ecovillage 42312 Yarrow Central Road, Yarrow, BC V2R 5E2	20-30	Yonas Jongkind	www.yarrowecovillage.ca yonas.jongkind@gmail.com	We have secured a 25 acre site which includes 20 acres of organic agricultural land and 5 acres to be developed for housing and on site businesses. Yarrow Ecovillage will be a community that strives to live in harmony within itself, with its neighbours, and with nature.
DENMAN ISLAND, BC Triple Rock Land Co-operative	15 (10)	Corinne Bjorge	inthesmog@hotmail.com	15 homes clustered on a 90 acre parcel with one common building. Homes will range from 900 to 1500 square feet. Cars will be kept to the outside of the living cluster. Each dwelling will be individually designed with the potential for certain design/construction elements in common. Household water from cisterns only. Hydro will be provided to the lot line. Each household to decide whether to be on the grid. Common gardens, orchards and small-scale animal husbandry are planned.
FORMING GROUPS				
VICTORIA, BC Fernwood Urban Village Corner of Chambers & North Park Street	32	Bill McKechnie	250 888 9167 bmckechnie@shaw.ca	Land has been assembled, floor plans are being prepared based on best principles and practices of urban cohousing communities. Some units will be available as rentals. Located on the rim of Victoria's urban core in the Fernwood district. It's an easy walk to town. Because of our proximity to services and downtown, the Fernwood Urban Village encourages the use of bicycles and car-share. Sheds for kayaks and bikes are part of the common infrastructure. Permaculture. intensive vegetable, and flower gardens. Green lifestyle encouraged.
ALBERTA, SASKATCHEWAN, MANITOBA				
COMPLETED COMMUNITIES				
CALGARY, AB Prairie Sky Cohousing 402 - 30 Avenue N.E. Calgary, AB	18 (18)	Prairie Sky	www.prairiesky.ab.ca info@prairiesky.ab.ca	Located in the inner city community of Winston Heights. 2 & 3 bedroom townhouses & apartments, 3200 SF common house central courtyard with community gardens and children's play area.

LOCATION GROUP NAME ADDRESS	HOUSEHOLD TOTAL (CURRENT)	CONTACT NAME	WEBSITE PHONE EMAIL	DESCRIPTION
ALBERTA, SASKATCHEWAN, MANITOBA				
PROJECTS IN DEVELOPMENT				
DOWNTOWN SASKATOON, SK Wolf Willow Cohousing	20	Dave Glaze	www.wolfwillowcohousing.ca 306-242-4765 gilmerglaze@gmail.com	We are creating a community for older adults (ages 55 plus) and have found a site on the edge of Saskatoon's revitalized cultural core that meets our goal of locating within walking/ biking distance of most of our needs. We plan to build 20 homes with a common house and as much green space as possible. Individuals or couples interested in our project are invited to contact us.
FORMING GROUPS				
CALGARY, AB Whiskeyjack Cohousing	20-30	Jana Vander Kloet	www.WJCohousing.ca 403-945-2725 Whiskeyjackcalgary@yahoo.ca	We have a strong focus on community-building, inclusiveness and sustainable building options. Well-designed common spaces will complement townhouse and apartment style homes to create the right balance for a higher-density urban environment. Members and committees are meeting monthly to move this project forward!
ONTARIO				
COMPLETED COMMUNITIES				
OTTAWA, ON Terra Firma Cohousing 166 Drummond St. Ottawa, ON K1S 1K4	7(6)	Signy Fridriksson and Steve Fick	(613) 233-8438	Located in the centre of the city and close to the Rideau Canal. Consisting of two three-unit townhouses and a recently build seventh unit and common house. Includes solar hot water, play structures, treehouse, gardens, bicycle storage, composting bins.
FORMING GROUPS				
TORONTO, ON GreenSong	25-30	Laurie Mace	www.greensong.ca info@greensong.ca	GreenSong is building an environmentally sensitive cohousing development near Toronto, Ontario, where individuality can flourish within a vibrant, diverse neighbourhood. We plan to create an inclusive, multi-generational community where the arts thrive and newness is encouraged.
QUEBEC				
FORMING GROUPS				
QUEBEC CITY, QC Cohabitat Québec	35 (20)	Hélène Langlois	www.cohabitat.ca relationspubliques@cohabitat.ca (418) 527-4205	Our challenge is to create a living environment that will promote harmony between the individual, the community and the environment, a healthy space where the generations enrich one another and simply feel good. Our only limit... our imagination.
Canadian Cohousing Network		10		Spring 2010