

# KLAHANIE COMMUNIQUE

"a newsletter for living klahanie"

JULY 2009

Health and Wellness Fair  
Saturday Sept 12, 2009

The Health and Wellness Committee is seeking participants, businesses, organizations, and health-enthusiasts interested in presenting a booth at the Fair. Participation fee is \$60/booth. Check the Klahanie website for further information or email [healthandwellness@klahaniecommunity.com](mailto:healthandwellness@klahaniecommunity.com)

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### Making our Community Safe. Join the Klahanie Block Watch!

It is up to all of us to make a safe neighbourhood.

A number of residents want to kick start BlockWatch in our Klahanie community. We need residents to get involved. Time commitment is minimal. Join us for a Q & A meeting on Wednesday July 22 at 7:00pm. RSVP by July 20 to [blockwatch@klahaniecommunity.com](mailto:blockwatch@klahaniecommunity.com) and include your name, address & phone. Confirmation of meeting will follow.

### Attention: Creatives & Art Lovers!

We invite you to join with us to organize Art and Music related events at the Canoe Club.

Enjoy trips to galleries, museums and performances. Create a Klahanie creatives directory of services. Meet other people working in creative fields and fellow art lovers. Collaborate on projects or pursue one of your creative ideas! Interested? Contact Nathania [nathaniaxv@gmail.com](mailto:nathaniaxv@gmail.com)



## Food for thought

BY SABINE

Contribute your favourite recipe to this new monthly site! Recipes will also be posted on our website. This month we have a cool salad recipe, perfect for those hot summer nights!.

### MEDITERRANEAN PEPPER SALAD

- 1/4 cup red wine vinegar
- 1/4 cup cold water
- 1 tablespoon kosher salt
- 2 teaspoons sugar
- 1/2 a red onion, cut into a 1/2-inch dice  
*(use less if your onion is huge)*
- 3 bell peppers (red/orange/yellow)
- 1 kirby cucumber
- 1/4-pound firm feta cheese
- 1/4 to 1/2 cup pitted kalmata olives
- 1/4 cup olive oil
- Sea salt and pepper to taste

Swish together the red wine vinegar, water, kosher salt and sugar in a small bowl until the salt and sugar are dissolved. Add the red onion and set it aside. Core, seed and chop bell peppers into 1/2" pieces. Chop the cucumber and feta into similar-sized chunks. Combine peppers, cucumber, feta and olives in a large bowl. The onions will now be lightly pickled. Drain onions, but reserve the vinegar mixture, and add onions to the other vegetables in the large bowl. Pour a 1/4 cup of the vinegar mixture over the salad, then drizzle with olive oil. Season with sea salt and freshly ground black pepper to taste. Toss and serve, or let the flavors muddle together in the fridge for a few hours.



perfect for those hot summer nights!

read more online at our community website

WWW.KLAHANIECOMMUNITY.COM

# SAVING LUNA



# May we recommend

BY INE

JULY 2009

SAVING LUNA is a documentary about an orca (Luna) who tried to make friends with people. The movie received 17 awards and numerous other nominations around the world.

The filmmakers got an assignment to write a story about a bizarre conflict that was developing in Nootka Sound on the West Coast of Vancouver Island. A killer whale was trying to make friends with people, and the Canadian government was preventing him from doing so

The filmmakers were ordered to go and stay there for three weeks in order to cover the story about Luna. Three weeks became a lot more and the story wasn't just a story anymore. They came to love the subject and they started caring about it.

Luna was a young orca who suddenly appeared in Nootka sound. As mentioned before, it was a unique case because Luna was no ordinary orca. He wasn't distant from people like normal killer whales. He wanted to draw the attention of boats, kayaks and people. He wanted to be "petted", he was seeking interaction.

To read more about this movie visit our lifestyle page on [www.klahaniecommunity.com](http://www.klahaniecommunity.com)

## ITEMS TO SELL? LOOKING TO BUY? SERVICE TO OFFER?

BABYSITTERS, DAYCARE, DOG WALKERS, MUSIC LESSONS, COMPUTER SUPPORT, SELLING FURNITURE & MORE ... SEE THE CLASSIFIEDS ON OUR WEBSITE!

To post a classified, send your information to [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com)

## THIS IS OUR COMMUNITY

WE NEED YOUR HELP.

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH A SOCIAL COMMITTEE TO CREATE COMMUNITY EVENTS, PROGRAMS, & OTHER FANTASTIC ACTIVITIES FOR EVERYONE. EMAIL US AT: [INFO@KLAHANIECOMMUNITY.COM](mailto:INFO@KLAHANIECOMMUNITY.COM)

## DO YOU HAVE A RECIPE, BOOK OR MOVIE TO SHARE?

GIVE BACK TO THIS GREAT COMMUNITY WE LIVE IN BY CONTRIBUTING TO THE NEWSLETTER! IT ONLY TAKES A FEW MINUTES.

Email us at [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com) and you could get published next month!

## ASKNINA

Our new advice column is here to help answer many of the questions we get regarding living in the Klahanie Community. If you have a question for Nina email her at [asknina@gmail.com](mailto:asknina@gmail.com). We'll post these and more articles on our website.

Dear Nina:

Our neighbors just moved in and have loud parties on the weekends. It is Summer and we sleep with our windows open. I don't want to seem like a nag. How do I approach them to discuss the situation? Signed ... In need of sleep.

Dear In Need of Sleep:

It is tough having to approach your neighbor with a complaint, especially since they just moved in. In my experience, a little sugar goes a long way. Try taking over a batch of cookies, or inviting them over for a drink. Tell them you love that they live such a fun life but ask them if they can just tone it down after 10 PM. Chances are they will completely understand and you'll probably make new friends ... and even get invited to the next party!

*nina*

## GEEKSPEAK

Each month in Geek Speak we will give you a simple tip to help with your Windows based computer questions. If you have a specific topic to be covered in the next newsletter, email [geekspeak@superjens.com](mailto:geekspeak@superjens.com). We'll post these and more articles on our website.

One of the best things you can do if you are running Windows, to keep your computer safe on the Internet, is to make sure it is updated regularly.

Go to <http://www.windowsupdate.microsoft.com> and follow the steps.

The Windows Update service is a simple and reliable way to make sure your PC stays updated. Windows Update provides your PC with security and reliability updates, drivers, service packs, and feature updates. And with Windows Update, you can turn on Automatic Updates so it continuously checks for, downloads, and installs most updates automatically for you.

