

Bain CO-OP

NEWS DECEMBER 1978

merry

CHRISTMAS



The Newsletter Committee consists of:

- Diane Saibil
- Beverley Smith
- Christine Killory
- Carol Ramm
- Helga Steyer
- Christopher Hurst
- Hugh Tapping



We are anxious to have more member input in the Newsletter. If you have something to say which may be of interest to fellow Co-ops, please say it in the Bain Co-op News by dropping off a note or article at 53 the Lindens or at the office (addressed "Bain Co-op News"). All contributions are welcome, as well as any production help (writing, typing, artwork, running off, distribution - these all take many hands!)

In addition to articles and committee reports, we would like to print any ads, notices of events and personal announcements and news about Co-op members. But we can only print what we know, so - KEEP US INFORMED. Don't forget your submissions to the "Darts and Laurels" column.

THANKS

TO THE FOLLOWING PEOPLE who helped in the production and distribution of the last issue:

- Elizabeth Rainsberry
- Charlotte Morgan
- Ben McNally
- Joe Sprokk
- Francisca McNally
- The Maintenance Committee
- Jean Lightfoot
- Gord Keith

PRODUCTION SCHEDULE

FOR THE JANUARY ISSUE OF THE BAIN CO OP NEWS

Planning Meeting	Dec. 21*
DEADLINE FOR SUBMISSIONS	Jan. 9
Distribution	Jan. 19

*at 8:00 P.M. at the office.
Anyone interested is WELCOME.

*****FOUND*****

Those who left various pieces of clothing at Unlimited Space after last Saturday's party can reclaim them at the Co-op Office - we've got a couple of sweaters, a scarf, some gloves.

MAINTENANCE EMERGENCY TELEPHONE NUMBER:

483- 1003 Pager # 3322

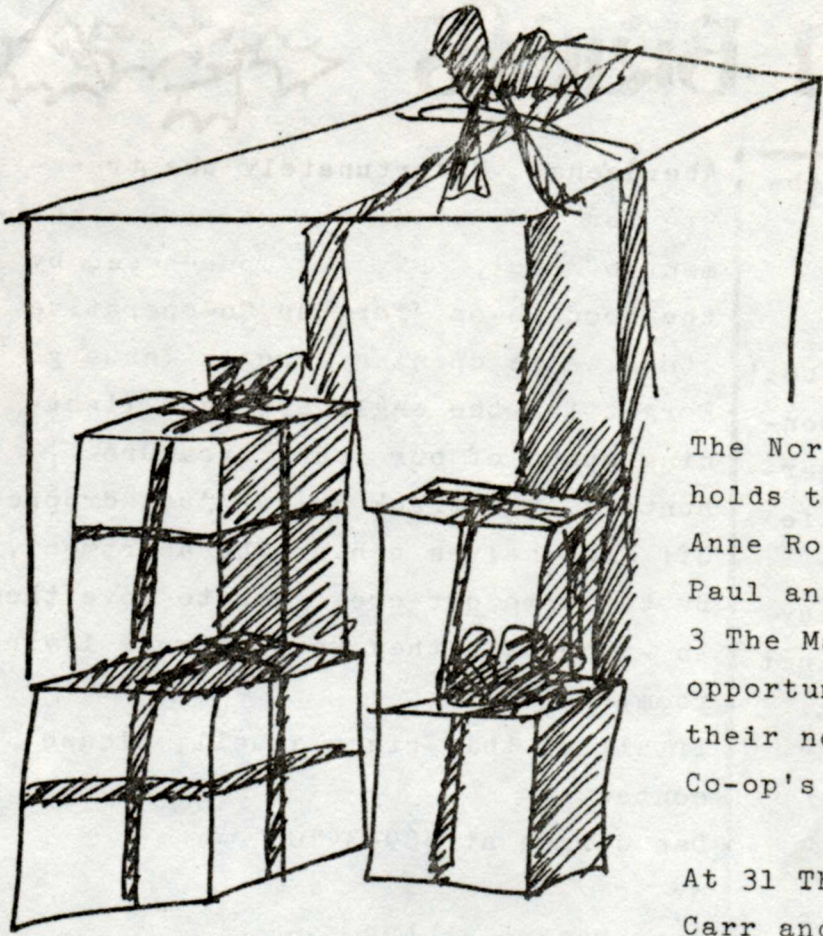
There is a better way to regulate the heat in your unit this winter than to leave the radiators on full blast and open a few windows. The method is to turn your rad off when the apartment is warm, and then turn it back on when the apartment starts to cool a little. If your rad does not respond to your attempts, please put a work order in. We have shut off valves in stock and should be able to solve the problem quickly.

A reminder to Members from the Maintenance Committee: while you are encouraged to make improvements to your units, BEFORE any changes are made, you must discuss your plans with the Maintenance Committee for approval. Improvements include glassing-in proches, removing plaster to expose brick walls, and so forth.

Members are reminded at this time of year to shut the lower outside doors in order to save on heat and to prevent the lower units from getting too cold. The brick wall does not provide much insulation for the lower unit.

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wellcome

BAIN WELCOMES

This month, the Co-op welcomes the following new members:

The Bain Food Co-op, after long months of work and planning, has found a home, and is at this moment probably out rounding up eager hands to spruce up 5 The Aberdeens. A most welcome addition to our community, the Food Co-op plans to be open for business in January.

Across the courtyard, Francis and Shirley Livingstone and their 4 children, April, Kenny, Mindy and Cristal are settling into 4 The Aberdeens.

The North Maples has 3 new households this month. Christine Anne Rosenthal and her 2 sons, Paul and Aaron, have moved into 3 The Maples, and took the opportunity to meet some of their new neighbors at the Food Co-op's Brunch.

At 31 The Maples, Lisa Marie Carr and her four children, Robert, Christine, Dana, and Bruce have joined us. And downstairs, replacing our beloved Treasurer, Bruce Woodrow, Donna Louthood and her daughter Leah will be moving into 32 The Maples at mid-month.

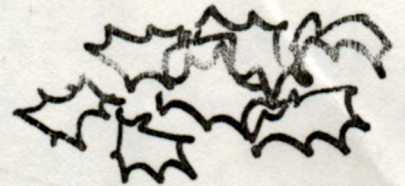
Rita Gamst and her kids, Aaron and Jeremy have joined us at 4 The Oaks.

From 70 The Lindens, another new face, Ann Carvell, was also at the Food Co-op Brunch. (Another smart co-oper!)

To these new members a hearty welcome, and we hope to see you all out and around the Co-op soon.



Bain BRIEFS



BRUCE HARDING is Chairman of the Maintenance Committee. He is NOT on the maintenance staff. Please do not telephone him (especially not at 2.00 am) about cold radiators or other maintenance problems. If it's an emergency (involving danger to life or limb, or probable property damage) telephone the emergency maintenance number. If it's not urgent, go to the Office next day and issue a Work Order. BUT DON'T PHONE BRUCE, OK? Thanks,
Norman McKinney, Secretary
Maintenance Committee

Aberdeens. Unfortunately the treasure you discovered was part of a shipment of equipment, just purchased by the Food Co-op for the Co-operative store we're opening here in January. Forgetting the eagle eyes and lightning speed of our local treasure hunters, the truck driver just dropped off the shelves behind the apartment. By the time our crew came to move them in - whoops - they were in your living-room.
If all of this rings a bell, please contact:
Dan Garson at 469-3470
or
Joan Hutton at 465-5268

The Co-op office has a stock of 'fossil flower' on hand to combat cockroaches and other bugs. This is a natural product that can be administered by you at your convenience and is not harmful to pets or children and has no offensive odor. It even works!

Garbage days on Bain and Sparkhall are Tuesday and Friday. Our collection is not early in the morning so do not put garbage out the night before. The local dogs and cats tear open the bags and Cecil has to spend time re-bagging the mess. His time could be better utilized. Also do not put garbage out if it is late on pick up day and the trucks have already been here as this will ensure that the bags get ripped open before the next pick-up.

THE MEMBER INVOLVEMENT COMMITTEE is preparing a slide show to be used in orientation meetings for new members. Anyone who has pictures of Bain activities which they think would be useful is asked to contact James Mangos at #67 The Lindens, 465-9183 or Peter Tabuns at the office, 466-2186.

The first meeting of the PERSONNEL POLICY COMMITTEE will be held in the Bain office on Wednesday, Dec. 20 at 8:00 pm. This committee was established by the general membership at its meeting of Oct. 30. It will bring forth recommendations on personnel policies for Bain and specifically a method of negotiating staff salary increases.

The Bain Salvagers Strike Again

Anyone interested in joining the committee is invited to attend.

A grievous error was made one Sunday afternoon two weeks ago by the lucky folks who hauled home a set of white metal shelves they found on the sidewalk behind 5 The

For more information contact Doug Macdonald, #27 The Lindens, 461-4161.

MEMBERSHIP COMMITTEE ELECTIONS NEXT MONTH

The Membership Committee is one of the few elected committees at Bain. This is because member selection, the major responsibility of the committee, is a task of a highly sensitive nature, as well as one of critical importance to the co-op. The committee's two objectives are to keep the apartments full, thus saving the co-op from financial losses, and to move in people who will be good co-op members. These two objectives can, and often do, conflict, and the committee has to work hard to meet both of them at the same time.

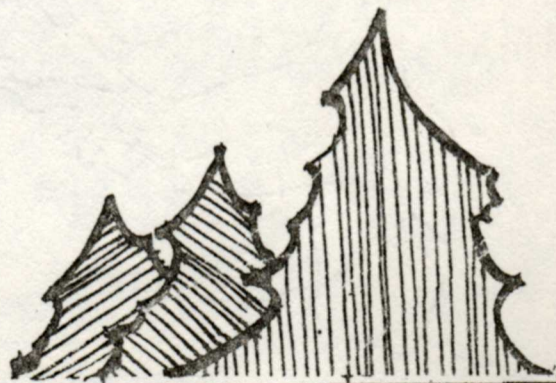
Our current Membership Committee has done just that. They have worked very hard (anyone who has ever worked on or with the committee can testify to that!) and have managed to keep our vacancy loss to a minimum while carefully screening applicants and admitting only persons having an active interest in co-op life. The Committee has updated our Membership Policy and application form and prepared a new brochure explaining what the co-op is and how it functions. It has also taken an active role in member education and orientation of new members. And the results are visible already, in the participation and contributions we have witnessed from some of our newest members.

The elections will be held at our January meeting and nominations will be accepted until that time. We must elect 7 people and we must vote carefully. The people we elect will play a very important role in our co-op and must be prepared to work hard and steadily. Among the

tasks they will carry out are:

- following the guidelines set out by the Membership policy and proposing improvements to the policy when necessary
- publicity, building up the waiting list and explaining to applicants the essentials of co-op life and member responsibilities
- organizing open-house evenings
- interviewing and selecting new members, showing available apartments.
- active follow-up in the orientation and education of new members, in concert with the Member Involvement Committee.

As you can see from this list, the work involved in member selection is both interesting and demanding. One of the greatest problems which has faced the Committee in the past is the continuity required of its members to carry through on the sometimes arduous but always challenging work before it. THINK ABOUT IT. If you know of anyone who would make a good Membership Committee member, nominate them. If you yourself are interested and ready to make a serious commitment, get someone to nominate you.



The current committee would like to contact anyone interested in running for election. Contact Gill Maloney at #18 the Lindens or Helga at the office.

DOES THE RESIDENTS' COUNCIL RELATE TO REAL LIFE?

What sort of life?

Animal Life?

Human Life?

Vegetable Life (it has definitely been doing this in the past months)

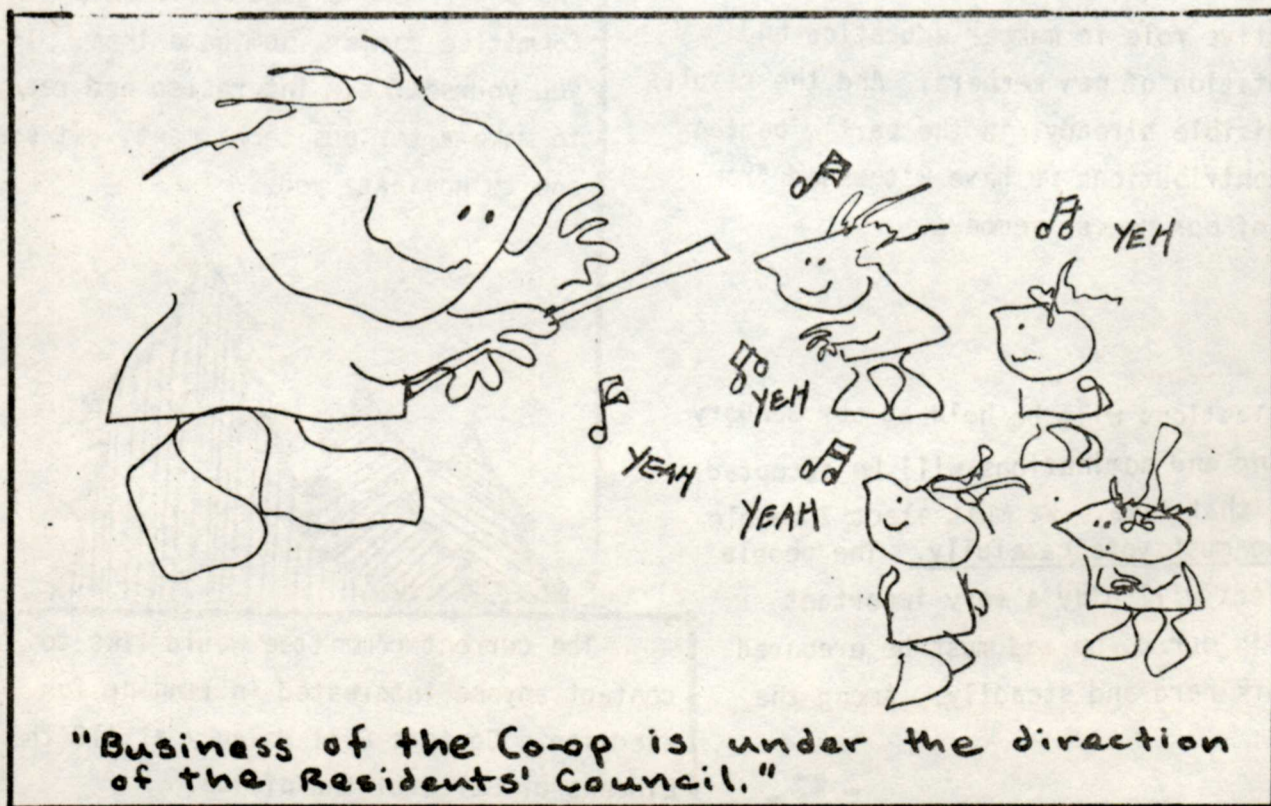
Yes, we think it does. To most Co-op Members, those who bother to consider the subject, each new Residents' Council presents a characteristic and recognizable face of some kind, and each staggers along with its burden of past events, re-enacting the tragedies again and again in the context of new circumstances, hoping to build on (and re-edit) the past.

According to some Co-op Members, the Residents' Council is an impressively useful gang of hoods and con-artists, who use the Council in modes and methods entirely directed by self-interest.

The Residents' Council functions as a board of directors for the Co-op, a position of power inasmuch as it is responsible for what we have agreed are our managerial functions. However, as we are responsible, like all other groups in the the Co-op, to the Members, we sometimes are accused of abusing our position of privilege; we appear to be irresponsible and gangster-ridden, following a too narrow line between reason and delusion, and suggesting courses of action that are disagreeable to many. However, the very fact that we are answerable to the Members means that our confidence in the capacity of the Members to know their own minds and to determine the environment in which they will live is implicit.

Power belongs only to the Council. That is, when the Council functions, it is only as the Council and individual Council members have no special power or responsibility beyond what they exercise at Council meetings. Often, for the first time ever, we on Council find ourselves having to think and work collectively, alien activities our lives up until this point have not equipped us to perform, and the results are occasionally disastrous. We should behave as a disciplined and organized group but some of us are up to our armpits in individualism - archetypal lump workers. To focus our collective resources in a particular direction of common good, or any other direction for that matter, is often difficult in the context of change, new faces, and short-term stays. Eyes often meet in agreement, eyeballs sometimes do in confrontation.

Because of our (relative) inexperience, our reliance on a very short past, and our dependence on real-time information (sometimes called the present), the commitment each of us makes as a member of the Residents' Council seems, in a way, to be an institutionalization of innocence. This suggests that improvisational skill, mental alertness, individual resourcefulness and good intentions are not universally effective for all eventualities - they are probably the minimum resources needed to handle a simple situation, such as meeting a black bear in the dark, in lieu of any expertise, of course.



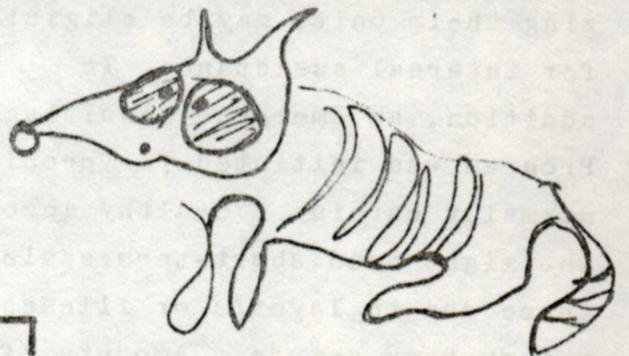
The Residents' Council's most modest claim is that it presents a way for individuals to intervene usefully in the world. Like the Co-op, at its best it is a home for lost souls, a reassurer and strengthener of uncertain talents. Its effect on people who pass through it is rather like the chicken-pox, seldom fatal but generally leaving its mark; it sometimes succeeds where psychiatry fails.

The business of making good decisions on behalf of the entire membership requires patience and co-operative spirit. We try to satisfy ourselves that we have sufficient information on which to base our decisions. We are responsible for overseeing an organization which is composed of over 400 Members, and their various re-combinations in the form of committees, staff, and assorted special interest groups, whose specific concerns change all the time. There is nothing remarkable about this arrangement except that the connection or day-to-day contact between each of these elements is fairly weak, always intermittent, and even casual. We must exercise care in administering the affairs of the Co-op, and put them ahead of any personal interests. We must guard against taking advantage of the Co-op in the interests of any personal gain. Most difficult, and most important is our responsibility to be aware of possible conflicts because of personal relationships. Uninformed decisions, or decisions based on a bias for or against a particular faction, are a breach of the Members' trust. We have not lost sight of these objectives.

It is in the nature of the Co-op that we conduct all our business in public, however embarrassing this may sometimes be. It also seems to be in the nature of the broad-backed beast that crises will occur, and when they do, that they will have similar characteristics. Through the swirling fog, we recognize the basic sanity of the system the Co-operative has established to govern its affairs. The Residents' Council's most valuable characteristic is that, with regard to a few things, it is reliably illiberal in an atmosphere of unreliable liberality.

Democracy, someone said, is the system whereby people get exactly the sort of government that they deserve. Thus, the Residents' Council relates most happily to the Co-op as a dog's nose does to a dog: at its wettest when the main body is healthiest; hard and dry in times of ill health, and held up in the wind for changes that are bound to come.

Christine Killory,
Co-op Secretary



Bruce Woodrow must have established some sort of Co-op record for the length of time it has taken him to remove his belongings from 32 The Maples. - it's been a month now and he's still at it. Among the items he's decided to part with is a shower, complete with it's own stall, which he's never used, and is willing to let go for half the price he paid for it - \$35.00. Inquiries should be directed to Susan McNamara at 465-3955.

The Co-op has acquired a new pop mac that is now selling Wilson's product and "orange Crush" for 30¢ a can. The old machine will soon be dispensing natural fruit juices at 25¢ per can. Both machines will be located inside the Laundromat.

DODGE THE DRAFT - the Co-op is still selling insulation at cost to residents who wish to install it before the harsh Canadian winter descends upon us. The Office has R-20, which is already cut into batts, and R-10, which can be cut to your specifications. Please give Peter Holland a call if you're interested.

Members may have noticed the absence of our recycling bin upon arriving in the West Parking Lot with an armfull of bottles and cans. It fell apart. There is no replacement readily available but the Co-op is negotiating with the City's Recycling Committee and we have had discussions with the group that serviced our old bins. We hope new and stronger bin will soon appear.

INTERNAL SUBSIDIES COMMITTEE

The Internal Subsidies Committee is made up of three members elected at a General Meeting for one year terms. The present members are Peter Tabuns (finance manager), Deborah Wolfe (housing charge supplement co-ordinator) and a representative from the Membership Committee. The Committee accepts applications at any time. If you think you may qualify, the following may help you decide whether you do or not:

The committee was first formed in February of 1977 to help ease the burden of the 18% housing charge increase we had that year. Persons paying more than 30% of income for housing but ineligible for provincial rent supplements because of age or income status (student, on UIC etc.) provided they are not under or over utilizing their unit, may be eligible for internal assistance. In addition, an Emergency Assistance Program was initiated for people normally earning a healthy income who might need short-term assistance due to layoffs or illness of a temporary nature. Amounts of \$15 to \$30 per month may be deducted from housing charges depending on the proportion of income paid for housing.

For 1978 the program was again approved, this time with a lower budget. The General Meeting approved a total of \$1,872 for the year. To date less than \$500 has been spent this year, on 7 different households.

The committee meets irregularly, as requests for assistance are received. Not all requests, of course, are granted. Both

years have seen a need for the program in the winter months when jobs are scarce but this need tapers off during the summer. The majority of applicants have been younger single persons, living alone and unable to obtain work, usually for short periods of one to three months. Several families have also received housing charge reductions through the program.

Currently, the committee is working on several jobs:

1. re-defining policies of eligibility; the question of whether families with working children, and groups of individuals living together is being discussed.
2. ensuring that members are better informed of the program (here it is folks!)
3. considering an increase in the \$30 ceiling on internal subsidy

The program was set up as a somewhat temporary measure, as there was some hope that the co-operatives could apply enough pressure to make the provincial rent supplement guidelines less restrictive, especially for working singles. Work is still being done on this, but there is no definite indication of change. For the present, there is no doubt that the program is necessary and inexpensive and should be continued until changes are seen at the provincial level.

SUBSIDY

One note: according to a policy established last year, a member must have lived in the co-op for one year before applying for a supplement -- if the family moved

in agreeing to pay the full housing charge. This policy is applicable if no major change has occurred in the income or family composition in the household. For example, someone who moved in June of 1978 with an income of \$900.00 per month would technically qualify for a rent supplement, but may have moved into a \$253.00 unit saying that it was no problem for them to pay the full housing charge. If the household income is still the same now, in December 1978, they would not qualify for a supplement. If, however, the household income is less, or one of the income earners has left the household, the application would be considered.

Tuna Chowder

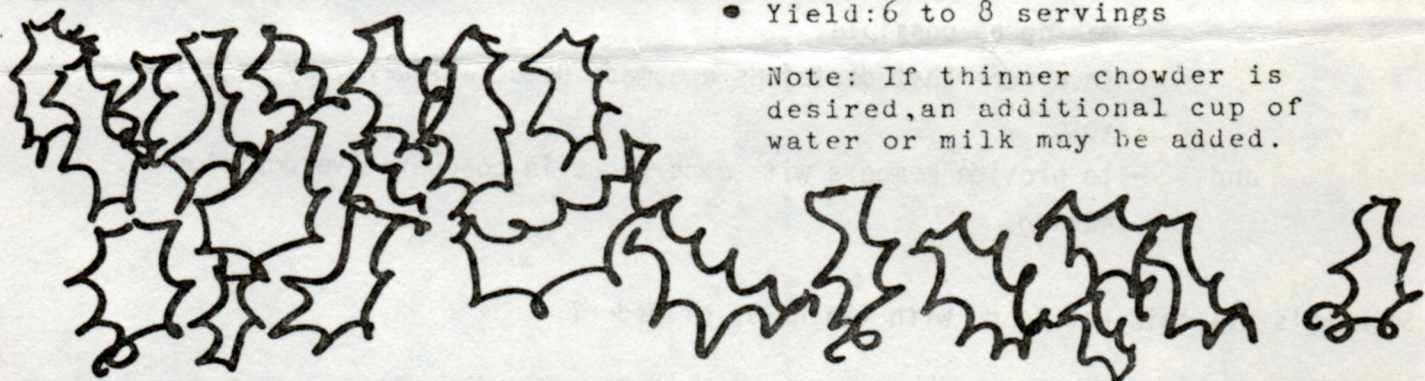
Blender Recipe

- 1 medium onion, cut in eighths
- 2 tablespoons butter
- 2 7 ounce cans flaked tuna, drained
- 1/2 cup parsley sprigs
- 1 cup milk
- 1 cup water
- 2 cans frozen cream of potatoe soup, thawed
- 1/4 teaspoon pepper
- 1/4 teaspoon savory

Put onion into container and process 2 cycles at STIR. Saute onion in butter until glassy. Add flaked tuna and remove from heat. Put remaining ingredients into blender container, cover and process 2 cycles at PUREE. Pour into saucepan, add onions tuna. Simmer over low heat about 15 minutes to blend flavours.

Yield: 6 to 8 servings

Note: If thinner chowder is desired, an additional cup of water or milk may be added.



A FEW FIGURES FROM
THE MANAGEMENT REPORT
FOR OCTOBER 1978

MEMBERSHIP

HOUSING CHARGES

Move-outs	4	Late Payments	79	
Relocations	3			
New Households		Arrears	No. of Units	Am't Owin
Moving in	1	Current Month		
Vacancies	0	Only	2	\$786.00
		Current & From		
		Previous Months	21	\$2,273.57
		Total	23	\$3,059.57

THE RULES OF ORDER

or HOW TO SURVIVE A GENERAL MEETING AND ACTUALLY KNOW
WHAT'S GOING ON

Why do we have these monthly ordeals known as the "General Meeting" ?

Because, as members of a co-operative we, as a group, are the boss. We have the ultimate say in what goes on in the Bain Apartments Co-operative, what policies are passed and what decisions get made. The General Meeting is where decision-making takes place and, with 260 housing units and a large property, there are lots of decisions to be made.

The Bain Co-op has approximately 400 members. Each member, according to co-operative principles, is supposed to have an equal say in running the Co-op. Needless to say, it is almost impossible for all of the members to agree on any issue, so decisions are made by voting, and the majority rules.

The General Meeting attempts to provide a situation where each member does have an equal say. The goals of the meeting are:

- to provide as much information as possible to the membership,
 - to allow for as much discussion and participation in decision-making as possible,
 - to ensure that decisions are made democratically, by majority vote,
- and
- to provide members with experience in co-operative decision-making.

So what's all this got to do with the Rules of Order?

The "Rules of Order" exist to help the meeting achieve its goals. They set out the guidelines for how the meeting will be run and are designed to allow for as much discussion as necessary, to allow all members an equal opportunity to participate, and to ensure that decisions are made democratically. They also set out the rights and responsibilities of all persons present at the meeting.

BUT THEY DON'T WORK - that is, not unless all members understand them and use them. We should all be aware at General Meetings of whether or not the rules are being followed - and speak up if they're not. Make sure that you know what your rights are within the meeting and defend them. Don't walk out at the end feeling hard done by. On the other hand, please note your responsibilities as well and don't impose unruly behaviour, theatrics, repetitious comments and taking up more than your share of time on the rest of us.

The next issue of the Bain Newsletter will contain a point by point run-through of the "Rules". In the Meantime, try to pick up your copy at the office and read them. Knowing what the "Rules" are is a first step toward increasing our ability to participate in meetings.



maintenance

worried about housebreakers looting your home while you are away? Here are a few simple precautions you can take:

- Leave a small radio playing in the house; it's a surprisingly good deception.
- Burglars are used to seeing a hall light burning in an empty house; in fact, it's a clue nobody is home. Turn on a number of lights when you leave, or else a bright light in the bedroom.
- If you go on a long trip, ask your neighbour to collect your mail, and cancel newspaper delivery. If the trip is particularly lengthy, ask the phone company to disconnect your phone. This will prevent potential housebreakers from conducting telephone spot-checks to see if anyone is home.

When buying houseplants make sure they are not bought on impulse. Too little thought is given to whether the proper environment and care can be provided to keep the plants healthy.

Unless you are sure you have a green thumb, find out about the plant you are interested in before

you buy - especially if it is an exotic. How much shade or sunshine does it need? How often should it be watered? Will it require special soil or feeding? Does it have a guarantee?

A reputable nursery will gladly supply all this information and many will provide care cards with the plants they sell.

Maintain Humidity

One of the biggest problems in caring for houseplants is keeping the humidity high enough. This can be overcome in several ways. a) group plants together, the humidity level will be higher around them than a single plant.

b) set the plants above a tray of pebbles, sand or peat moss which should be kept damp. The evaporation from the tray benefits the plants and prevents the soil in the pots from getting too moist. c) Keep the plants in a naturally high humidity area - the kitchen or a well-lit bathroom. d) mist the leaves of the plants daily.

Temperature

Air conditioning can be lethal to plants - not only does it create draughts which harm the plants, it also removes valuable moisture from the air.

Mail Order Plants

Before you buy mail order plants or trees, compare the price of the item offered in the ad with the price of one you could buy locally. Find out the actual size, how fast it will grow, and whether it will thrive in your soil and climate.

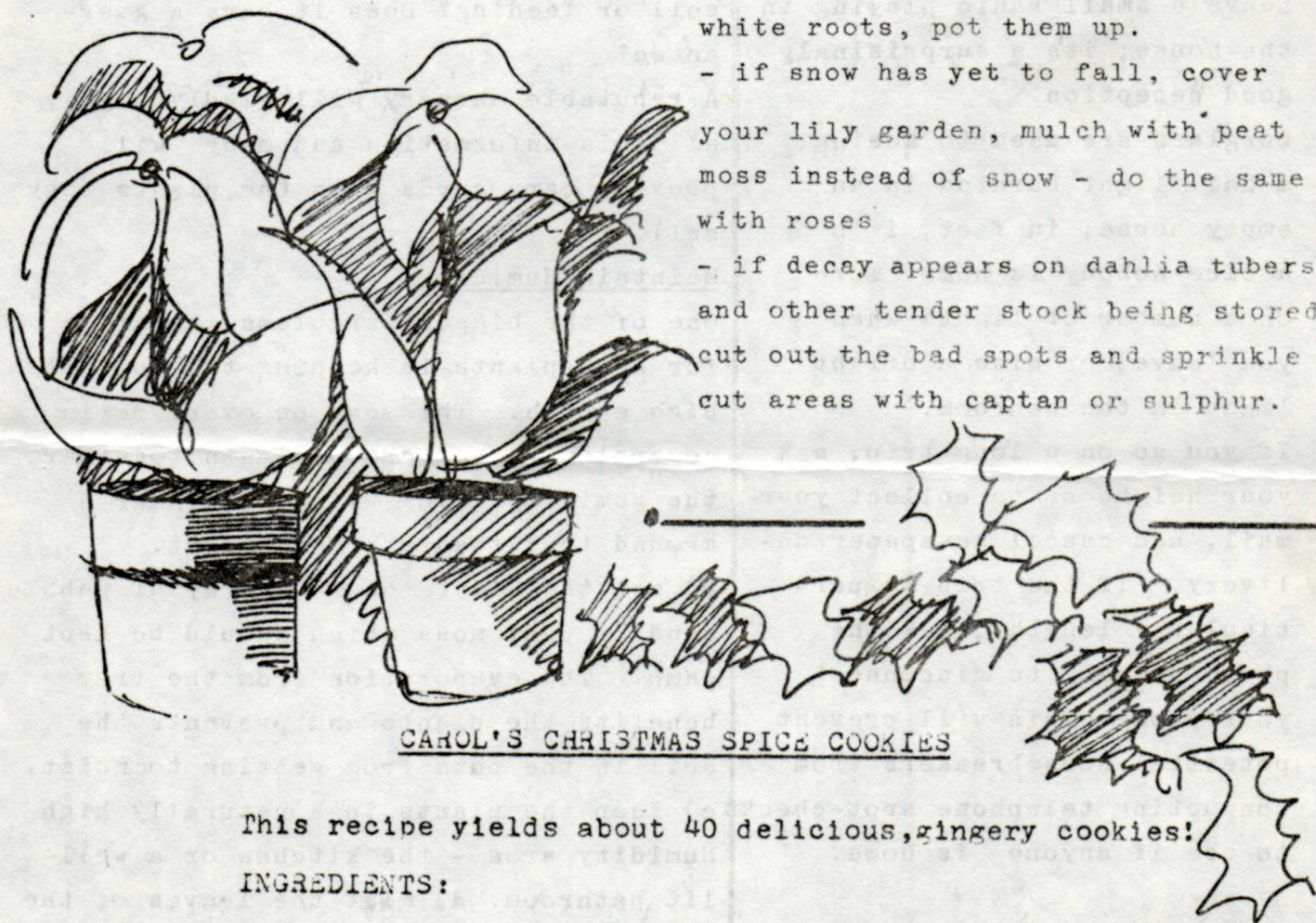
Some exotic plants are advertised as being able to grow in any soil

but may even die when planted in local gardens. Your best assurance of satisfaction, whether you buy locally or through the mail, is to deal with companies with good reputations.

A mail order nursery may advertise "sapling shade tress", but there's no such thing as a young tree that provides instant shade. Buy what you want, but know what you are buying.

DECEMBER GARDENING CALENDAR

- set up an indoor garden under lights
- give someone a potted evergreen (as a permanent Christmas tree), a potted plant light, or a gardening book for Christmas
- put a heavy mulch on freshly planted evergreens, but leave a gap between mulch and trees
- if the bulbs you are holding to be forced indoors are showing little white roots, pot them up.
- if snow has yet to fall, cover your lily garden, mulch with peat moss instead of snow - do the same with roses
- if decay appears on dahlia tubers and other tender stock being stored, cut out the bad spots and sprinkle cut areas with captan or sulphur.



CAROL'S CHRISTMAS SPICE COOKIES

This recipe yields about 40 delicious, gingery cookies!

INGREDIENTS:

- | | |
|------------------------------|---------------------------------|
| 3/4 cup butter, softened | 2 tsp. <u>each</u> baking soda, |
| 1 cup brown sugar | cinnamon & ground ginger |
| 1 egg, well-beaten | 3/4 tsp. ground cloves |
| 1/4 cup molasses | 1/4 tsp. salt |
| 2 1/2 cups all-purpose flour | 2 tbsp. white sugar |

- 1) Cream together the butter and brown sugar. Add egg and molasses. Sift together all the remaining ingredients except the white sugar and stir into batter.
- 2) Wrap in wax paper or plastic wrap and chill thoroughly (an hour in the freezer will do).
- 3) Then shape dough into balls the size of walnuts, dip lightly in the white sugar and place about 3 inches apart on buttered cookie sheets.
- 4) Bake in a 375°F. oven for about 10-12 minutes.

Carol Ramm



FOOD PART I

On November 25, the Food Co-op officially took over its home - The Aberdeens. A crew of hard-working members braved the chilly Sunday morning air to move in shelves, scales, a freezer and other equipment purchased from a co-op in Sarnia. (Many thanks to those hardy souls!)

We've been very lucky so far in getting good deals on the equipment we need - including the donation of a cooler and shelving from the Graduate Students' at the U of T!

Planning is now underway for renovating and decorating the apartment - to create a store that looks good as well as saving us money. The actual work will begin in a week or so. Many hands - skilled and unskilled alike - will be needed to get it all done.

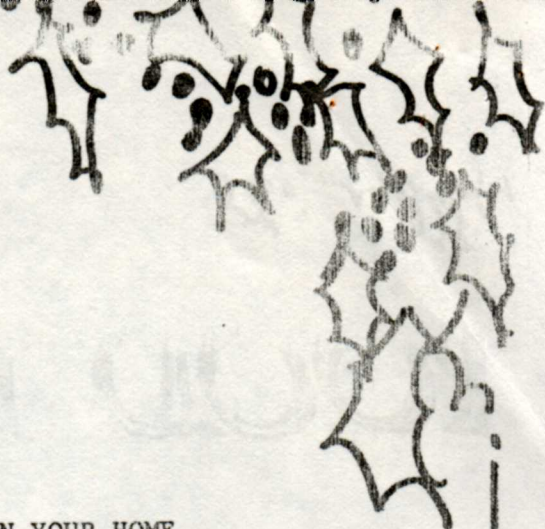
The Food Co-op members got a head start on good eating at our two well attended pot-luck meals and meetings. The supper meeting held in October featured moose-meat stew among its many culinary delights. Rumour has it that even the vegetarians in the crowd couldn't resist a nibble. That get-together founded the co-op, established some key policies (fees and work commitments) and elected a seven person Board of Directors, to act as an executive between monthly

meetings. Our pot-luck brunch last Sunday was equally successful, with banana pancakes and home-baked treats paving the way for a good discussion on setting up the store.

So the ball's rolling. But it's up to everyone who wants a food co-op to keep it rolling. Here are just a few of the many things you can help with to get the store ready for opening:

- * Planning the layout, renovations and decoration of the store;
- * Doing plumbing, carpentry and other skilled work;
- * Painting, setting up shelves, & other work that everyone can do;
- * Driving a car or truck on pickups and deliveries;
- * Canvassing to sign up more members (the more the better);
- * Helping set up the organization for buying stock - tracking down suppliers or agreeing to place orders on a regular basis for some of the goods the Food Co-op will carry e.g. produce, meat, baked goods, etc.;
- * Planning a member education programme;
- * Helping develop the Food Co-op's policies and systems of organization;
- * Co-ordinating some of the work;
- * General help of all kinds: typing, moving equipment, distributing leaflets etc.

CARE
UNLIMITED



AWAY FROM HOME?
ON VACATION?
GIVE US A CALL

PROFESSIONAL PET SITTING - FOR ALL PETS - DONE IN YOUR HOME

REASONABLE RATES
BONDED
INSURED
C.K.C. MEMBER

EXPERT GROOMING AVAILABLE FOR YOUR DOGS AND CATS

FREE PICK-UP AND DELIVERY

4 6 9 - 2 0 2 9

CHRISTMAS TREE SAFETY!

Natural Christmas trees, with their fresh, woodsy smell, are a traditional part of Christmas for many people. They can be a fire hazard though, so please bear these tips in mind...

- when buying a real tree, make sure it's fresh - the needles should feel rubbery, and the tree shouldn't be dropping many needles
- give the tree plenty of water - it can soak up about 3 quarts the first day, and 1 quart each day after that. Check the water level in the stand daily
- place the tree away from radiators or any source of heat
- make sure the tree is well balanced, and placed where it can't be tipped over easily

Have a safe holiday!



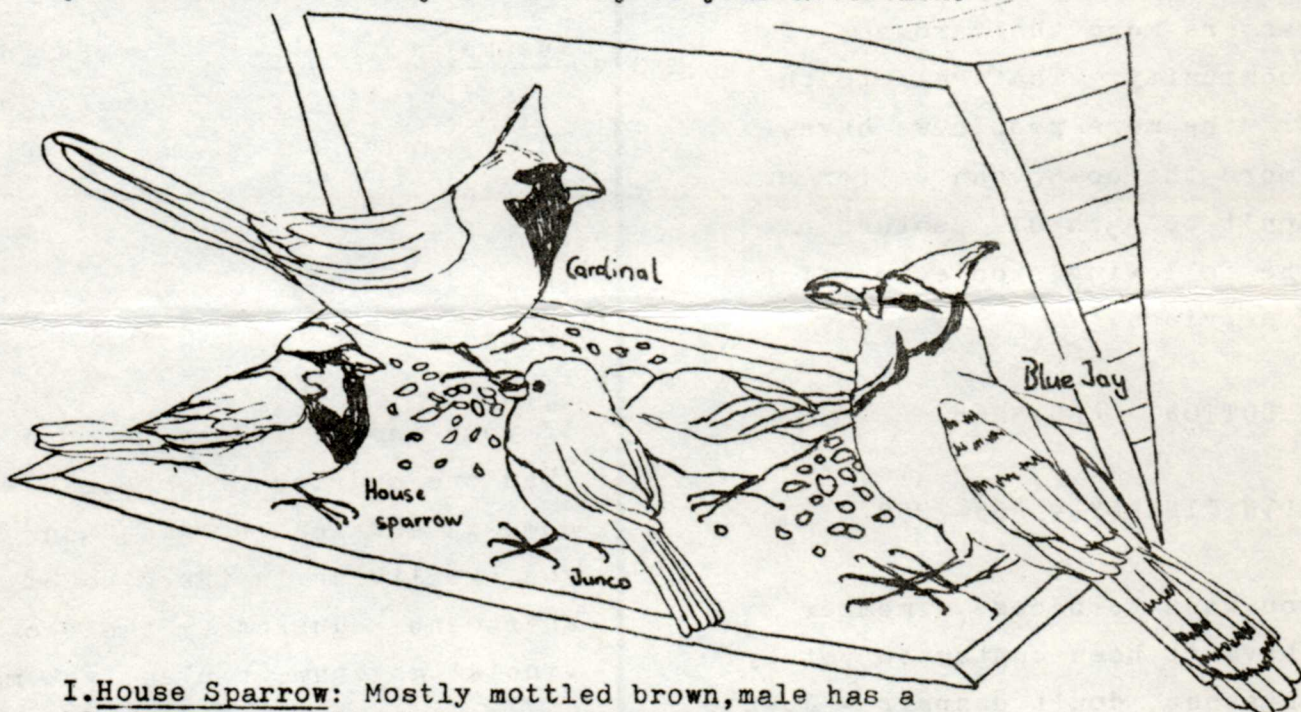
BIRDS OF THE CO-OP: The Birds of Winter

Unlikely as it may seem, winter is the best time to get interested in bird watching. To start with, all the migratory birds have departed for the south, leaving a relatively small number of species to deal with, and as well, all of the leaves have departed for the ground or the compost pile which means that birds remain visible for a much longer length of time and over greater distances. And, as days get shorter and the weather gets colder the indomitable spirit of the House Sparrow brings an infectious cheer, the flash of colour from a Blue Jay brings a breath of life into the most steely day. Once you have familiarized yourself with the yearround residents the arrival of the first of the migrants is immediately evident, and the birds themselves, by comparison to species you already know, become a much less formidable task.

Many people feed birds in the winter, and this is the best way to get to see our feathered friends at close quarters. It is estimated that in excess of 50 million dollars a year is spent in the United States alone on the food and paraphernalia involved in winter feeding. New York City now has a yearround population of Monk Parakeets, which escaped from captivity after importation from Argentina. The birds are doing very well, but their survival is questionable without the handouts from the human population.

If you do feed birds it is necessary to do so on a regular basis. The birds will become dependent on the availability of your food, and they will suffer if you stop feeding them suddenly.

Below are listed the 6 birds most likely to stop at your feeder, or your windowsill. They are worthy of your attention.



1. House Sparrow: Mostly mottled brown, male has a black throat. Intimately associated with man, the entire population of North America descended from a handful of birds released in 1850. Noisy and combative.

2. Junco. Sparrow-sized but dark grey with white tail bars. To be seen chasing each other or scouring the ground for weed seeds.

3. Pigeon. Whether chasing each other from rooftops, or dancing to attract a mate the pigeon is a whirl of social activity. With especially for the spectacular aerial acrobatics even in the heaviest gale.

4. Starling. Black with speckles, this amazing mimic masses by the hundreds in neighbourhood trees and then heads south-east overhead every day at sunset.

5. Blue Jay. Blue and white, this is an aggressive and rowdy bird which disappears when breeding. Capable of many sounds.

6. Cardinal. Red, black near the beak, the cardinal travels with his mate and is best seen early in the morning.

Other possibilities include woodpeckers, chickadees, titmice and nuthatches. Toronto, like most North American cities has a Christmas Day Bird Census taken by volunteers. Watch the newspapers for results.

BAIN'S FOOD CO-OP IS FLOURISHING

Good news! Bain's own co-operative store will open for business in mid-January - with a little luck and a lot of elbow grease between now and then.

The work of planning & organizing the Food Co-op has been going great guns. Over 70 households have signed up as members so far - well beyond the 60 needed to launch the co-op. And the membership is growing steadily as canvassers make their rounds of the community. That's all to the good: the more people we have, the more the co-op can do for us. So don't be bashful. Contact one of the following people to offer your services:

JOAN HUTTON -465-5268

OR

MARILYN TINSLEY - 465-3259

If you want to become a member and haven't been contacted yet by a canvasser, don't despair - Just get in touch with either of these people- they'll arrange to have a membership form dropped by your place. You just fill it out and return it with your membership fees, and in no time flat you're a member. (This is an especially good bet for people who are rarely at home)

So don't delay - join now!

P.S. If you haven't filled out a "stocking survey" yet, please do so soon - we need to know what food people want so we can make plans for stocking the store.



****IMPORTANT NOTICE ****

Income review time is coming up soon for everyone in the Co-op. This is particularly important for those who are presently on rent supplement or who think they may now qualify because of change in income.

If your family is paying more than one quarter of gross income in housing charges, and you are living in the size of apartment required by the provincial government plan, you may be eligible for a supplement to reduce the amount that you have to pay each month.

If you think you qualify now, please submit income information to the office as soon as possible, as there are a limited number of spaces available.

If you have any questions about the program, and whether you qualify, please call Peter Tabuns or Deborah Wolfe at 466-2186. (Deborah may be reached Tuesday or Wednesday evenings at 461-5368).

Not long ago, and not far away, in a place called Tottering Optimism (TO for short), there lived an ogre, Frigod. As Ogres go, he wasn't terrifically bad. He liked baseball franchises, expressways, and permanent waves. But he was quite bad for he didn't like noisy aldermen or quiet suits. And, in fact, seemed generally to prefer buildings to people.

The people of TO, because they were patient - some would say too patient - put up with their burden. Few knew how Frigod had got there, and fewer still knew how he might go. Some brave souls proclaimed that he should be sunk in the lake (somewhat below sea level), but others said this wouldn't do since there was already something in the lake. The Island.

Now this Island was quite, quite magical. A great green garden set in a silver sea where luteplayers, sailors, tinkers, and P. Engs. lived the simple, rustic life, unhampered by the hurly burly of progress and taxes. And this jewel was also a favorite spa for the burgers of Tottering Optimism who, crossing there on skiffs and gaily decked barques, would gambol on the glittering beaches and picnic on the velvet pastures.

Being an ogre, all this merriment and gamboling didn't sit easy with Frigod. In fact it made him mad - so mad that his permanent wave fell out and he resolved to take action. Striding down to the Toronto Snarl, that newspaper whose offices overlooked the Island, he surveyed his forces.

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"Gentlemen", he thundered. "On a recent wade to the Island I saw that the simple, rustic life had completely taken over. "Where," he growled, "can you find a Big Mac, or a rose-bed sunk in concrete, or any other feature of a modern urban parkland? There is a disturbing absence of noise and confusion, those clear indicators of progress."

The editors of the Toronto Snarl immediately began scribbling (as was their wont) to proclaim Frigod's words to the populous. And thus word reached the outlying regions, even to that region where the subway goeth not (if it has its wits about it). And the outlying regions trembled and agreed that Frigod's word was law.

When news of the proclamation reached the Island tinkers and lute players, they girded their loins and made ready to battle for their homes. The Isle was a clamour of noise as sirens, gongs, and diverse devices sounded over the once peaceful beaches to alert the inhabitants to possible attack. They also piled up supplies of aged smelt with which to repel any approaching ogre.

Bent on invasion, Frigod gathered together his forces for the final assault. The sirens wailed over the Island. Surprisingly, the clamour was heard by the Assembly of No-Tri-Eo, that august body which gave the laws for the Great Land - Island, City, even to that region where the subway goeth not and (dare we say), beyond. And they said "Frigod - Stay Your Hand!"

Frigod remains. The Islanders remain. The battle is neither won nor lost. But then, what can you expect, this being the city of Tottering Optimism. Go in peace.

LAURELS & DARTS

LAURELS to Elizabeth Rainsberry for filling in on the Membership Committee.

LAURELS to all those who have been keeping our steps and walkways free of snow and ice.

DARTS to those who could but don't.

LAURELS to those who keep an eye out for maintenance problems in their units and around the property and report them to the office.

DARTS to people who spread gossip rather than voicing their concern in a constructive way in the appropriate places.

LAURELS to all the office volunteers - you're doing a great job.

LAURELS to the Membership Committee for keeping the apartments full of nice people and saving the co-op from losing money.

SNOW SHOVELLING

It happens every year around this time. That white stuff starts falling and covering up our flowers, grass, walkways and steps. Some people get out there and clear off the walkways and steps, and some don't. Snow builds up in some areas and turns to ice. Some people slip and fall and hurt themselves. The postman and others making deliveries risk life and limb trying to get from door to door in our lovely white-blanketed co-op. It's just not fair.

Just as each of us took responsibility for making our grounds beautiful this past summer (and

we did a great job of it) we must also take responsibility for keeping our grounds safe and negotiable in the winter.

Staff vs. Member Responsibilities

The staff will clear areas accessible to our motorized snow removal equipment, that is the sidewalks along Bain Avenue, the south lane and the parking lots. They will also dig out back basement stairwells. All other steps and walkways are up to the members, on a courtyard basis. We just can't afford the staff time it would take to have this done for us. Neighbours could negotiate a rotating schedule and sharing of snowshovels.

Also, please remember to keep an eye out for neighbours who are unable to clear their own front steps due to health or age - you as their co-op neighbour should be making sure that they don't get snowed in.

Snow shovelling can be

- good exercise
- a good way to meet and socialize with your neighbours
- fun
- and a lot of hard work if it is left too long.

Carolyn Megill and Judy Haiven would like to extend their thanks to all those people who, through their combined efforts, made the Co-op Christmas Party a memorable good time, especially Maja Ardal, Bruce Harding, Larry Haiven, Carol Ramm, Susan McNamara, Pat Maloney, John Megill, Carole Linton, Michael Carr, James Mangos, Chris Wilson, Peter Tabuns, Peter Holland and everyone who came and brought food and sold tickets door to door. Special thanks to Kim and Cathy, who ran the very efficient coat-check operation.

WEATHERSTRIPPING WINDOWS

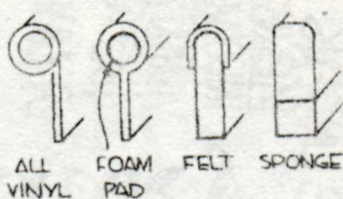
No type of weatherstripping is permanent, but it is still the best material for closing the air leaks around window sashes, and well worth the trouble of installation and periodic replacement.

There are three basic types: Springy metal; compressible felt or rubber, and pliable gaskets, mostly of vinyl. Some come in rolls; some come both in rolls and strips. Choosing between the types depends mainly on the type of window, how air leaks through it, and how important appearance of the window frame is to you. Price and durability may be other considerations.

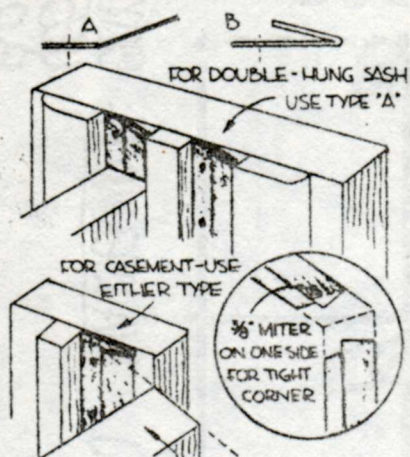
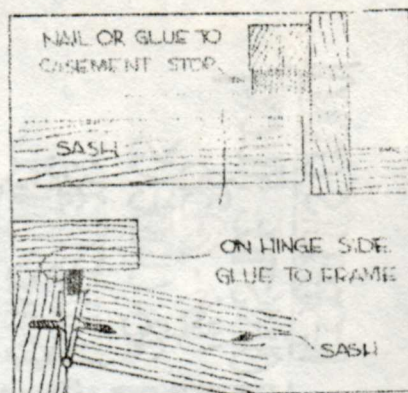
Below are descriptions and installation techniques for the major types.

It is secured to the window frame with brads (except one length is sometimes secured to the bottom of a window sash rather than the sill).

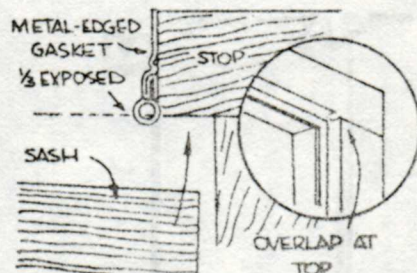
The positioning is shown in the sketch for both double-hung sash and casement windows.



not be painted or it becomes too rigid to do its job. The type works best on casement windows.



Spring metal: Usually copper, it comes either V-shaped or bent at a slight angle.



Pliable gaskets: Most of these are of vinyl. Some are metal-edged felt. Gasket types are attached with brads to the window stops so the sash presses lightly against them. As a result they are highly visible. Painting them to match the frame is a partial camouflage, but the gasket surface can-

Compressible felt. Weatherstrip of this type adheres to the faces of the window stops where they meet the sashes, as shown in the sketch. Some types are tacked in place, some have adhesive backing. The material becomes permanently compressed after a time. It is the best choice in a warped casement window that cannot meet its stops tightly.

There are no weatherstrips made specifically for home installation in sliding metal windows. The manufacturer's weatherstrip is usually a bead of felt or neoprene gripped in a molded channel. It can be replaced only with identical material, and in most cases only by a professional glazier.

(WEATHERSTRIPPING IS AVAILABLE FOR FREE AT THE CO-OP OFFICE!)

BAIN CO-OP
LAUNDROMAT
OPEN DAILY
8:00 - 10:00

CLOSED
FOR
REPAIRS

NOTICE TO ALL RESIDENTS

The Bain Co-op Laundromat will close its door just after Christmas for about a month or so in order that it may be transformed from that desolate hole we have tolerated for so long into a pleasant place to do the wash. Fourteen new washers and eight new dryers will be installed, additional counter space will be built, and a sink will be added. For however long it takes to do the work, Co-op residents are advised to patronize one of the other facilities in the neighborhood - the one just down the street on Logan Avenue is closest. It may be a bit of a nuisance for a month but the results will be worth a few steps out of the way.

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 NEWSLETTER PLANNING MEETING MAIL COM.	9 RESIDENTS COUNCIL	10 PERSONNEL POLICY COMMITTEE	11 MEMBERSHIP 21	12 MEMBERSHIP 21	13 NEWSLETTER DISTRIBUTION	14 RESIDENTS COUNCIL
15 MAINTENANCE COMMITTEE	16 RESIDENTS COUNCIL	17 MEMBERSHIP 17	18 MEMBERSHIP 18	19 MEMBERSHIP 19	20 MEMBERSHIP 20	21 MEMBERSHIP 21
22 NEWSLETTER PLANNING MEETING MAIL COM.	23 RESIDENTS COUNCIL	24 PERSONNEL POLICY COMMITTEE	25 MEMBERSHIP 25	26 MEMBERSHIP 26	27 NEWSLETTER DISTRIBUTION	28 RESIDENTS COUNCIL
29 NEWSLETTER PLANNING MEETING MAIL COM.	30 RESIDENTS COUNCIL	31 PERSONNEL POLICY COMMITTEE	1 MEMBERSHIP 1	2 MEMBERSHIP 2	3 NEWSLETTER DISTRIBUTION	4 RESIDENTS COUNCIL
5 NEWSLETTER PLANNING MEETING MAIL COM.	6 RESIDENTS COUNCIL	7 PERSONNEL POLICY COMMITTEE	8 MEMBERSHIP 8	9 MEMBERSHIP 9	10 NEWSLETTER DISTRIBUTION	11 RESIDENTS COUNCIL
12 NEWSLETTER PLANNING MEETING MAIL COM.	13 RESIDENTS COUNCIL	14 PERSONNEL POLICY COMMITTEE	15 MEMBERSHIP 15	16 MEMBERSHIP 16	17 NEWSLETTER DISTRIBUTION	18 RESIDENTS COUNCIL
19 NEWSLETTER PLANNING MEETING MAIL COM.	20 RESIDENTS COUNCIL	21 PERSONNEL POLICY COMMITTEE	22 MEMBERSHIP 22	23 MEMBERSHIP 23	24 NEWSLETTER DISTRIBUTION	25 RESIDENTS COUNCIL
26 NEWSLETTER PLANNING MEETING MAIL COM.	27 RESIDENTS COUNCIL	28 PERSONNEL POLICY COMMITTEE	29 MEMBERSHIP 29	30 MEMBERSHIP 30	31 NEWSLETTER DISTRIBUTION	1 RESIDENTS COUNCIL

January

COMMITTEE CONTACTS:
 MAINTENANCE: HELEN SPROCK 469-0762 20 OAKS
 FOOD CO-OP: CHRISTOPHER WILSON 461-5360 26 ABBEYS
 GRIEVANCE: BOB ALLEN 46 UNDEANS
 MAINTENANCE: BRUCE HARRIS 465-4064 18 BEMS.

RESIDENTS COUNCIL
 CHRISTINE HUCKRY 466-6738 28 UNDEANS.
 NEWSLETTER:
 DIANE SAIDL 465-2107 53 UNDEANS.
 MEMBER INVOLVEMENT:
 VIVIAN GREENE 465-9183 67 UNDEANS.
 MEMBERSHIP:
 GILL MALONEY 465-8011 18 UNDEANS