

Bain news



October '79

The BAIN CO-OP NEWS is published by the Newsletter Committee.

We are always on the lookout for people to help with distribution, printing, layout, artwork and writing articles.

We especially want input from Bain residents - letters, articles, ads, notices, etc.

Do you have something to say? SAY IT IN THE BAIN NEWS.

Submissions should be dropped off at 21 the Aberdeens or at the Co-op office.

SCHEDULE FOR THE NOVEMBER

ISSUE:

Deadline for Submissions:

November 6

Production Day:

November 16

LAST CALL FOR SPRING BULBS

Bulbs should be planted within the next month. See Peter Holland at the office if you're interested in ordering bulbs for your garden at these bargain prices:

- Crocus.....20¢
- daffodils.....35¢
- tulips.....35¢

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DANCE

to

Max Mouse & the Gorillas

Rock & Roll!

Friday, October 26

St. Paul's Centre
121 Avenue Road
8:30 p.m.

Tickets available:

- \$4.00 In advance
- \$5.00 at the door

7 News: 363-9650
Roger Rolfe 961-3935

Cash Bar

Free Snacks

All proceeds to 7-News

Members are requested not to store bicycles on the main north and south walkways once winter arrives as the co-op staff cannot get the snow blower along the path with these obstacles. Also, remember that members are responsible for shovelling snow from steps and private walkways.

GARBAGE NOTICE

The main responsibility in keeping our co-op looking good rests with the members. Cecil cannot possibly pick up all the debris left on the grounds by members, guests, children and delivery people. Please try and do your bit, especially around city garbage pickup. Garbage days are Tuesday and Friday, usually around 12 noon. Please do not put your garbage bags out the night before as the animals often tear the bags open.

Note: Garbage Days: Tuesday and Friday
(Wednesday and Friday after a holiday Monday)

Special Pickup - Wednesday

SEPTEMBER GENERAL MEETING REPORT

Residents' Council

Carol Ramm reported on Council's decisions on increased insurance premiums, funds for boiler clean-out valves, and funds for a temporary worker.

Boat People

The Exodus Group will be renting an apartment from Oct. 1.

Maintenance Hiring

The meeting approved the Committee's recommendations that Bernard Audidier and Hugh Tapping be hired to fill the 2 vacancies.

Membership Committee By-Elections

Jim Brown and Wendy Haines were chosen, with Penny Moran as an alternate.

Grange Area Residents

The meeting voted to send letters of support regarding these residents who are struggling to form a co-op, to the Ontario Credit Union League, the Minister in charge of CMHC, and the residents.

Staff Salaries

The Salary Negotiating Committee's proposal regarding 1980 salaries was adopted.

In response to comments from Paul Pellettier, the meeting voted to send a letter to the appropriate minister protesting against the exclusion of co-ops and tenants from the Mortgage Deductability Scheme.

RESIDENTS' COUNCIL REPORT

September 25 meeting

Council read through the 1980 Budget proposal and agreed that energy conservation should be looked into, The remainder of the discussion was deferred to the next meeting.

The expenditure of \$650 for 2 basement doors (\$350 for doors and \$300 for brickwork) was approved. This is work that was not completed last year.

October 2 Meeting

Changes in the membership list for September were approved.

Doug MacDonald agreed to re-join Council and was accepted unanimously.

The 1980 Budget discussion was continued, and Council voted to: cut the Reserves from \$40,000 to \$27,192; reduce the Contingency figure from \$22,800 to \$15,000; cut the Member Involvement fund to \$500; and recommend to draw from Capital funds to produce an 8% increase. The meeting also decided that the Budget proposal should show increase %'s with and without a draw from capital, and to postpone the General Meeting to Oct. 11.

Council also voted not to recommend rent increases graduated according to apartment size, at least for this year.

The Maintenance Committee Capital Budget expenditure was discussed briefly and then deferred.

OCTOBER GENERAL MEETING

Since the 1980 Budget discussions weren't completed at the General Meeting last Tuesday, a second General Meeting has been planned for Tuesday Oct. 23. A report on both meetings will appear in the November Newsletter.

Letters to the Bain News

Dear Friends:

The human being entrance to the North Lindens courtyard has been equipped with a crude snap-back mechanism which holds the gate closed.

I propose to remove this mechanism.

Considerable force is required to open the gate, considerable force is required to hold it open to prevent injury while passing through. Carrying anything through into the courtyard is difficult, and recently while trying to do so,

I had the gate snap back on my foot, and sustained an inconvenient abrasion.

As a protection against animal incursion the mechanism is senseless. There is no prohibition against cats behaving as they see fit in the courtyards to begin with, and they are not restrained at all by a Frost fence.

Children, however, are restrained. Those large enough climb over; smaller children go elsewhere. Either course of action entails unnecessary risk.

I consider the mechanism both dangerous and impractical. The motivation behind its installation mystifies me and I see no reason for its continued presence. If you are a resident of the North Lindens and can, and wish to dissuade me from removing the mechanism, please contact me within one week of publication of this Newsletter.

Faithfully yours,
Ben McNally
25 lindens

Ben.

Bain Welcomes

This month Bain, and the Newsletter Committee, welcome back Hugh Tapping, (after a short absence from the Co-op) to 12 the Oaks. We would also like to congratulate him and Bernard Audiger - they're the newest members of our beloved Maintenance Staff, replacing Leo and Marty.

In 4 the Oaks, with Rita Gamst relocating to 1 the Aberdeens, we'd like to welcome Linda Crisp and her son Mathew. They are returning to Toronto from Nova Scotia, where Linda was an active member of the Black Rose Co-op.

Beverly Anne Farrell and her two sons Michael and Jason, have joined us at 88 Bain. She's indicated an interest in doing office work, distribution, and/or helping on work crews fixing up vacant apartments.

Michelle Arscott is joining us at 28 the Maples, with Alexandra leaving us for the new Woodsworth Co-op in the St. Lawrence Neighbourhood. We wish Alexandra well with her new home, and we

wish Michelle well with the expected arrival of her new baby.

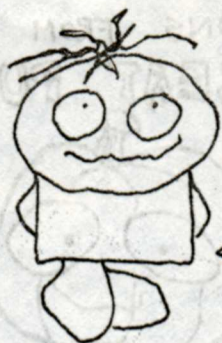
In 8 the Elms, Joanne Konatowski and her children Stacy and Ian have joined us.

And in 66 the Lindens, we'd like to welcome Louise Thibeault.

F F
FOND FAREWELLS....

The Membership Committee would like to express its appreciation to two members who have recently left the Committee. Gill Maloney, the outgoing chairman of the Committee, and Anne Rutledge, who worked long and hard as the one bedroom rep on the Committee, will both be missed by the remaining members.

We would also like to take this opportunity to welcome the new members who were elected to the Committee at the last General Meeting, Jim Brown, Penny Moran and Wendy Haines, and wish them an interesting stay on the Committee.



WORK ORDERS

LOYAL STAFF MEMBER AFTER
A HARD DAY'S WORK

I thought that you might like to read about the work that the maintenance staff do during a month.

There were an average 3.5 work orders per day made out from May 1st to 31st and of those many had 2 or 3 requests on them. There were 101 Orders submitted in all during that month.

<u>Number of Requests</u>	<u>Type</u>
34	Plumbing (Leaks, Fawcetts, Toilets, Drains, etc.)
23	Electrical (Appliances, Fixtures, etc.)
3	Dry Wall (Plastering jobs)
5	Roaches (Spraying of the beasts)
21	Locks & Doors (Doors that won't shut, Handles, new locks)
18	Screens (Repair or make new)
3	Rad Valves (new ones and repairs)
3	Tiles Replaced (new kitchen and bathroom tiles)
22	Miscellaneous (Wheelbarrow tires, toilet paper holders, etc.)

On top of all this work, the staff is responding daily to requests - not on work orders plus they have other jobs required of them apart from work orders.

Without these few stalwart men we the Co-opers would be in rough shape. So here is a word of praise for them.

Jill Walton

THANKS Y'ALL

The office would like to thank Karen Crawley for the huge job she did on preparing stastics and also thank Khavar Muttagi for undertaking the demanding task of reconciling our monthly bank statements.

Hats off to Don Dollery for the work he has done to keep the area around 1-10 the Oaks pleasant and green.

Thanks to all who have volunteered their time and energy in helping out with reception, typing, collating, book-keeping, and distribution. It's deeply appreciated.

Staff



"THAT'S MY SPOT."

PARKING PROBLEMS

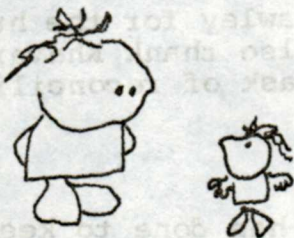
Recently the Co-op had two cars towed away from the East Parking Lot. This involves some expense to the Co-op and considerable cost and hassle to the car owner. Members are reminded that all parking spaces are reserved and guests do not have any parking priviledges, except in your spot.

If someone parks illegally in your spot get the license #, and report it to the Office. Also, feel free to leave a note on the windshield of the offending vehicle. Do not park in someone else's spot if yours is filled, as this will just complicate matters. Park your car on the street and report the incident to the Office the next day, particularly if you receive a ticket for having to do so.

HELP HELP HELP HELP

Babysitters Wanted

Owen and Morgan at 30 The Aberdeens are in desperate need of baby-sitters, sometimes during the day (Maggie works irregularly) and sometimes in evening. Owen is four years old and goes to school 1:30-3:00. Morgan is two years old. Phone Maggie at 465-1947.



I am new in the Co-op and area and would like to get together with other people with children and try to set up either after school care exchange or general babysitting or both. My daughter is nearly eight and goes to Withrow P.S. Contact Mel at 466-8440 if you're interested.

SUGGESTIONS FROM THE GREAT PUMPKIN



← YOU KNOW WHO

CANADA SAFETY COUNCIL

Many parents are concerned for the safety of their children during Hallowe'en. The Canada Safety Council suggests the following safety tips which parents may wish to discuss with their children before they set out on their happy expedition.

1. Wear light coloured, flame resistant costumes with retro-reflective strippings so that you are easily seen by motorists.
2. Clothing must be short enough to avoid a tripping hazard.
3. Face masks must not obstruct vision. Make-up is preferable.
4. Make your calls along one side of the street and then along the other. Do not criss-cross. Cross the street at intersections or crosswalks.
5. Carry a flashlight to see better and to be better seen.
6. Travel in groups of four or five. Young children should be accompanied by an adult.
7. Set a curfew and boundaries within familiar neighbourhoods.
8. Do not enter the house or apartment of a stranger.
9. Do not eat any gifts until they can be inspected by an adult at home.

Help keep Hallowe'en 1979 a happy occasion for everyone!



THE GREAT PUMPKIN FAMILY ON A MYSTERIOUS OUTING.....

Maintenance Committee Report

The Committee seeks to make up a list of the names and unit and telephone numbers of honest, dependable children of about 12 to 14 years of age, who would be willing to distribute advertising pamphlets of flyers within the Coop.

Children so employed would be paid by the sponsoring advertiser, through the distribution agent or directly; going rates are about 1.5 - 2.0¢ per copy delivered. This arrangement would be between the child and/or his family and the advertiser.

The Committee's concern is to reduce litter, and to control access to the Coop's property. The distributors would have to be sure to put the pamphlets ONLY into mail slots or mail boxes, otherwise the permit would be revoked.

The Committee will not issue to an advertiser or distributor the name of any child without the permission in writing of his parent(s). No child who lives outside the Coop can be considered as a candidate.

Interested parties should visit the undersigned.

Cooperatively,

Norman McKinney
Secretary

In order to control litter on the premises, and also to reduce the number of strangers walking about the property, the Maintenance Committee has banned pamphleteering and door-to-door solicitation on Coop property by anyone who has not the express written permission of the Committee.

Any member who finds any person distributing or soliciting on Coop property without a Committee permit is asked to tell me immediately, at 3,

The Pines. (If I am out, tell the Property Manager, or leave a detailed note through my unit's mail slot. I have no 'phone. Committee permits are photocopies of a letter on Coop letterhead and bearing my signature). Such information will enable me to act while the offender is still on Coop property.

An unauthorized pamphleteer or solicitor is liable to a charge of trespass or breach of the peace if he does not immediately cease his actions and leave the premises.

No member of the Coop has to put up with the messes left by sloppy distributors' employees, or has to answer questions at the door or on the telephone - by anyone without legal reason. We are entitled to our privacy; let's work together to keep it.

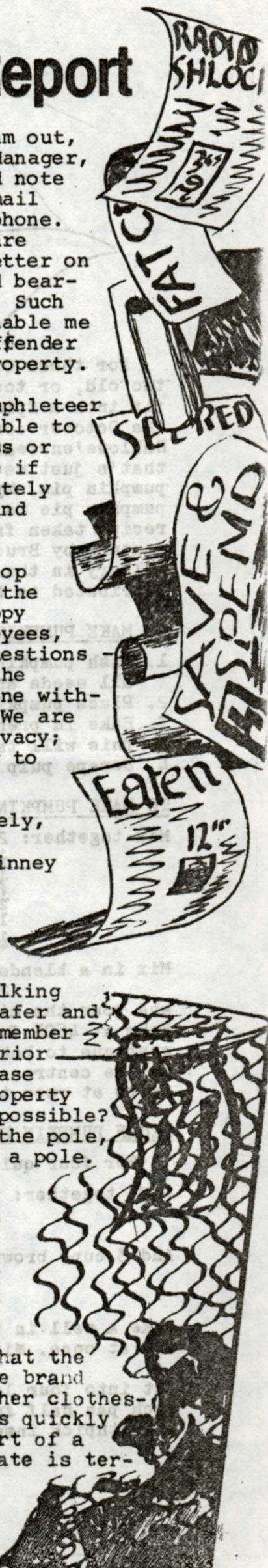
Cooperatively,
Norman McKinney
Secretary

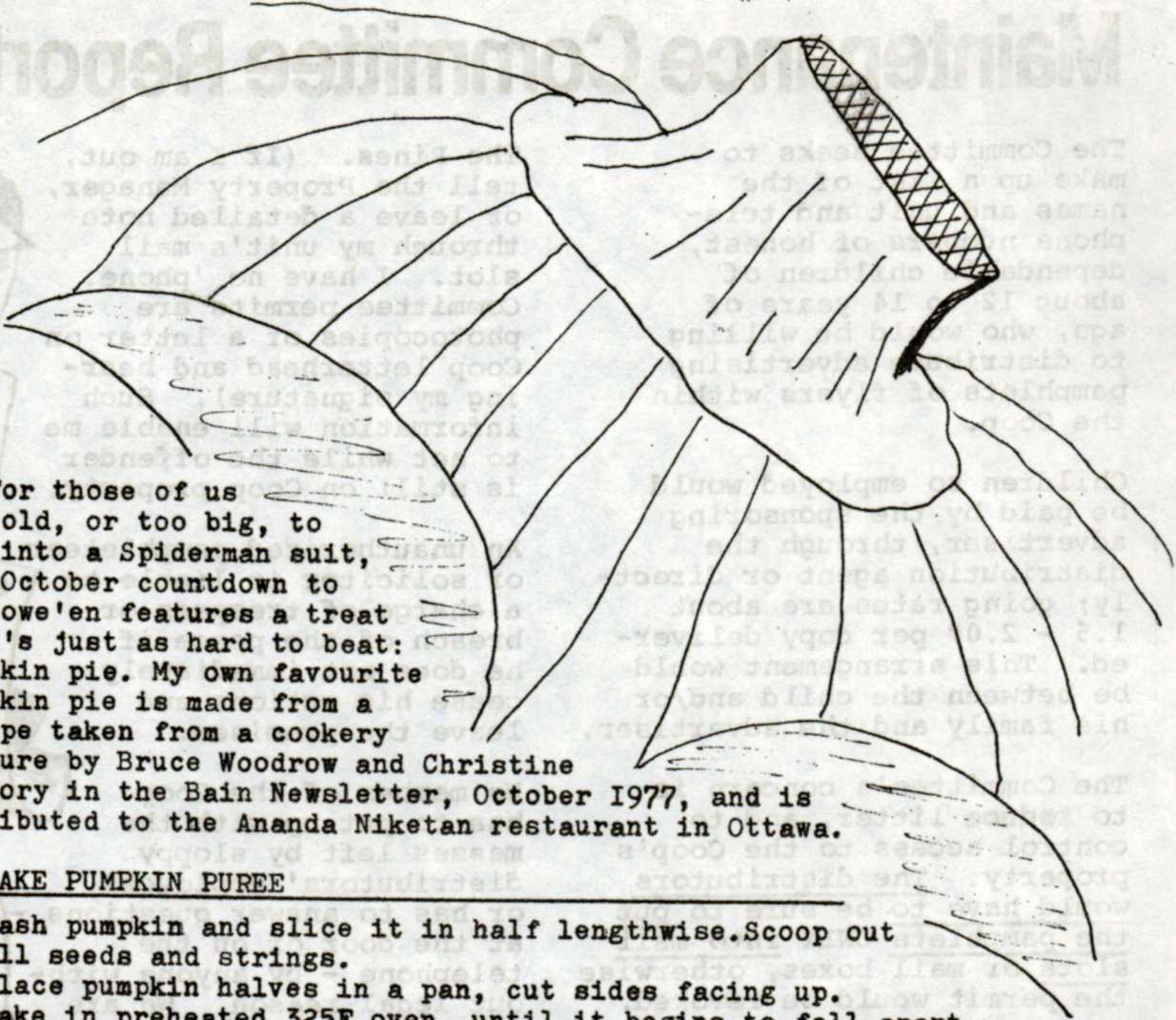
In order to make walking the Coop by night safer and easier, would each member who notices an exterior light burnt out please report it to the Property Manager as soon as possible? Give the number of the pole, if it is mounted on a pole.

Thank you.

Etc.

Penny Moran requests that the person who borrowed the brand new coverlet from off her clothesline would return it as quickly as possible. It is part of a matched set and its mate is terribly lonely.





For those of us too old, or too big, to fit into a Spiderman suit, the October countdown to Hallowe'en features a treat that's just as hard to beat: pumpkin pie. My own favourite pumpkin pie is made from a recipe taken from a cookery feature by Bruce Woodrow and Christine Killory in the Bain Newsletter, October 1977, and is attributed to the Ananda Niketan restaurant in Ottawa.

TO MAKE PUMPKIN PUREE

1. Wash pumpkin and slice it in half lengthwise. Scoop out all seeds and strings.
2. Place pumpkin halves in a pan, cut sides facing up.
3. Bake in preheated 325F oven, until it begins to fall apart. This will take one hour approximately, maybe longer.
4. Scrape pulp from shell, and mash or blend.

TO MAKE PUMPKIN PIE

Mix together:

2 tbs. whole wheat pastry flour	1/2 tsp. nutmeg
1/2 tsp. salt	1/2 tsp. cinnamon
1/2 tsp. mace	3 tbs. honey
1/2 tsp. ginger	1 1/2 - 2 cups pumpkin
1 cup scalded milk	
1/2 cup maple syrup	

Mix in a blender, or by hand for a rougher texture. Then add 2 eggs, well-beaten and pour the mixture into an unbaked 10 inch pie shell. Bake at 450F for 15 minutes, then reduce heat to 325F and continue to bake another 30 minutes, or until a knife inserted in the centre comes out clean. Serve at room temperature with whipped cream.

PECAN PUMPKIN BREAD

For four quick, unusually delicious loaves.

Sift together:

3 1/2 cups flour	1 1/2 tsp. cinnamon
2 tsp. baking soda	1 tsp. nutmeg
1 1/2 tsp. salt	

Add 3 cups brown sugar and mix OR add 1 1/2 cups honey to

1 cup oil	cup water
4 eggs	2 cups pumpkin puree

Make a well in the flour mixture and add the egg and oil mixture all at once. Mix well and add 1 cup chopped pecans

Put into four loaf pans 4"x8", which have been buttered, filling each pan half full. Bake at 350F for an hour or so, or until a toothpick inserted in the centre of each loaf comes out clean.

Food for thought

by Charlotte Morgan

This column is written in the interests of Ontario's food industry, which is being gobbled up by unnecessary imports of foreign fruit and vegetable and destroyed by urban blight.

When buying canned goods always check the label. All Canadian produce should be clearly marked as such. It's a government regulation. 'No Name' brands and house brands are often the produce of small Canadian producers and canners who are unable to compete with the distribution and marketing techniques of the large corporations. They are usually a good buy and provide an outlet for Canadian growers. The Ontario Food Processors Association produces an annual booklet listing all food processors in Ontario. Their newest booklet is on the press now and will be available next month.

Beer drinkers might consider switching to Northern Brewery products. They produce lagers and ales equal to anything the bigger breweries can offer. Northern is a worker controlled brewery (they took it over from Carling O'Keefe).

If you want to support something out of the ordinary consider Yugoslavian products. Yugoslavia appears to be a genuinely non-aligned Nation from whom we are importing a wide variety of goods - ranging from machines to food stuffs. De Mastija Meats on Augusta Avenue in the Kensington Market carries many Yugoslavian products. In addition, the LCBO sells some good, relatively cheap, Yugoslavian wines. (Try Zagorec - it's their dry, white wine).

Of course, all these products should only interest you after you've shopped at the food co-op!

Whose Right on the ~~Right~~ ^{West Coast} ~~Right~~ ^{at home}

Proposed by Alderman Tony O'Donohue: The Council of the City of Toronto hereby gives a vote of confidence to the Metro Toronto Police Department to let them and the people of Metropolitan Toronto know that we fully support and commend police chief Adamson and officers of the Metropolitan Toronto Police Department in carrying out a difficult job.

Motion carried - 12-10

Ward 7 Alderman Janet

Howard voted against the motion.

Ward 7 Alderman Gordon

Cressey voted for the motion.

Mayor John Sewell voted against the motion.

Freud would have loved it

Jean Pigott, who appears to have the job of distributing Conservative party patronage, was caught recently with her slip showing. According to Ms. Pigott, Prime Minister Joe Clarke does have strong views on how this company should be run. Ms. Pigott caught her own slip and hastily recalled that it was indeed the country to which she was referring. Is there a difference, Ms. Pigott?

(Thanks again to the C.B.C News for that one.)

"First Flight"

an exhibition to be given by three women artists of the Bain Ave. Co-op. Sharon Bates, Gail Kenney and Penny Moran will hold their premiere exhibition on October 19, 20 and 21 at the Market Gallery on the Mezzanine Level of the City of Toronto Archives, located on Front Street.

The show will feature the multi-talented abilities of the women. Works of Batik, weaving, silkscreen prints and photography will be displayed as well as jewelry, enamelling and sculpture. Everyone is invited to attend.

We wish you luck, Gail, Sharon and Penny.

THE SLUG

I first decided to compose a nature column on insects one morning this spring when I discovered that an invasion of slugs had reduced large numbers of the petunias, impatiens, marigolds and verbena seedlings that we had just planted in front of the apartment to forlorn stumps.

I soon learned that slugs were not insects, and, fortunately, that while they were murder on tender young seedlings of particular species, the damage they did to older more established plants was not so serious.

They have been sharing both our gardens all summer, and, while I some times forcibly migrate some of the larger specimens, I have never been able to bring myself to bury the saucer of beer, the half grapefruit rind, or any of the other foolproof methods of slug eradication trumpeted in gardening publications. (One I read suggested that a chicken would do the trick handily.) Even a slug has to eat.

Because of their singular success in this world of hardship then may I present this information about slugs, taken from the World Encyclopedia of Animals, Funk and Wagnalls, 1972.



Shell-less or nearly shell-less mollusks living mainly in the soil, slugs have an elongated, mucus-covered body which, in many species, is partly covered by a loose flap of skin, the mantle. Within this is the air-breathing lung, which opens to the outside by a small hole, the pneumostome. Gaseous exchange takes place in the lung and all over the moist body surface. The head bears two pairs of tentacles, and can be retracted under the mantle.

Slugs mate on the soil surface after a long circuitous dance; they lay their transparent eggs in the soil. These hatch into small slugs about 1.5 mm long, which probably feed on fungi and decomposed plant matter before becoming large enough to feed on the green plant directly. Like snails they have a system of scraping pieces of food into the alimentary canal.

All slugs travel by means of muscular waves passing over the surface of the foot. They secrete mucus while crawling, which lubricates the tissues of the foot and so prevents excessive abrasion. The secretion of mucus accounts for a significant decrease in the body weight of these animals while they are active, and this water loss may limit the amount of surface activity.

MASSAGE & MOVEMENT WORKSHOP

A ONE DAY INTRODUCTORY WORKSHOP OFFERING INSTRUCTION IN MASSAGE TECHNIQUES AND SIMPLE MOVEMENT EXERCISES DESIGNED TO INCREASE FLEXIBILITY & BODY AWARENESS.

SUNDAY, OCTOBER 28 9:30am to 5:00pm \$20 PER PERSON

DANCE CONCEPTS STUDIO 681 Markham Street

Christopher Hurst, R.M.T. Carolyn Shaffer, Choreographer & Dancer

To register or for information please contact Christopher Hurst at 469-2817

Maintenance Committee

NOTICE

There is too much weed growth in the Coop.

Much of this growth is along edges of back yards, along fence lines, and under hedges. Removal is the responsibility of the individual member, or of working groups within Courtyards.

Under Provincial law (The Noxious Weeds Control Act) the city is empowered to enter onto private land, cut down the objectionable weeds, and charge the owner with the cost.

Many plants are now developing seeds, and so it is important to be rid of them before the seeds drop - otherwise we will have far more unwanted growth next year.

Please note that the Coop has a resolution on its books requiring members to remove climbing nightshade (henbane; wolfbane) wherever it is found on the property. It is all too common in our hedges and along our fence lines. Nightshade is hazardous because it contains a strong poison, belladonna. It puts out pretty purple and yellow flowers, and attractive red berries at this time of year. Members who are not sure of the identity of this plant should apply to the undersigned for a demonstration identification 'clinic'.

Cooperatively

Norman McKinney
Secretary

FOOD Comments

Hello! This column is the first in a series on food and the food system, the whole food system all the way from seed to supermarket, or as a witty friend of mine cracked "from soil to sphincter." The subject of food often causes us to bring up a lot of bad puns - leftovers from a time when food was food, and not a chemical concoction. With millions starving and cancer reaching epidemic proportions, (a cancer researcher with the New York Cancer Institute says North Americans are "digging their graves with their teeth") food has become a "serious" business. Yet, jokes - even bad ones - can help bring people together and so be a positive force for change.

For the past 2 1/2 years, I have worked with the Peoples Food Commission, a public non-government inquiry into our food system. Over this past winter and spring we held over 60 public hearings across the country. We heard almost 1000 briefs from people in all sectors of our society. Hundreds of people - mostly volunteers - worked very hard on a shoe-string budget to hold these hearings. Government commissions which spend millions have not accomplished as much because they have too narrow a focus - looking at only one aspect of the problem - usually prices. We looked for the whole picture and we all learned a great deal. I hope to share with you some of what we learned.

I begin with a brief by the Blind Organization of Ontario with Self-Help Tactics (BOOST) because too often handicapped people are a forgotten, invisible minority. In Ontario, there are about 1 million people who are handicapped. This is almost 15% of the population. But, as the BOOST brief says: "We must all be concerned with our environment, food processing, growing, additives and the solutions to many such problems demands action by all of us. Otherwise, the whole world may end up handicapped . . . or dead."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER	15	16	17	18	19	20
	Maintenance Committee					
21	22	23	24	25	26	27
	Maintenance Committee	General Meeting BUDGET PT. II.	Finance Committee			
28	29	30	31	1	2	3
	Maintenance Committee	Resident's Council		NOVEMBER		
4	5	6	7	8	9	10
	Maintenance Committee	Newsletter Deadline Resident's Council	Finance Committee			
11	12	13	14	15	16	17
	Maintenance Committee	General Meeting			Newsletter Production	

COMMITTEE PEOPLE

Resident's Council: Carol Rawlin
463 9050

Newsletter: Diane Saibil
465-3907

Member Involvement:

Vivian Greene - 465 9183
Membership: Eliz. Rainsberry
465-9308

Grievance: Bob Allen
465-2097

Finance: Helen Sprer
469-0782

Maintenance: David Clark
463 4884

Personnel Policy:

Doug McDonald 461 6161

Maintenance Emergencies
non-office hours call:
463-1003 and ask for
PAGER 3322