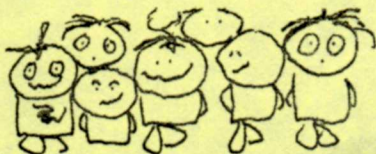


# BAIN

# news



JANUARY '80



Many thanks to all the people who helped on the December Newsletter. Bev Smith, Gail Kenny, Hugh Tapping, Simon Tunley, Carole Ramm, Pat Schultz, Peter Taubns, Heather Barker, Carole Linton, Marsha Kirzner, Helga Steyer.



MAKE A PLANT FROM LEFTOVER GROCERY ITEMS

**Avocado:** Wash your pit in water and remove any loose skin. Stick 3 toothpicks in the sides of the pit and suspend the stone in a glass so that only the bottom is in water. Put it in a dimly lit, warm place until the pit splits and a shoot starts. Move it to a better light and let a few good roots grow. Then pot it in a sandy potting mixture leaving the tip of the stone sticking out. For a bushy plant just pinch off the top leaves. Give it sun and spray often.

**Pineapple:** Don't throw away you pineapple top; plant it and grow your own. Slice the top off fruit leaving about one inch of the fruit attached. Trim away flesh to hard stringy part in the centre. Dry for 2-3 days to prevent rotting. Remove bottom leaves and plant the pineapple in a damp sandy potting mixture in a 5 inch pot. Give it sun and warmth and spray often. After a year's growth it may produce a small fruit of it's own.

WANTED

TO PURCHASE SECOND HAND BICYCLES!

1. a small women's 3 speed; call Diane at 465-3907
2. a men's 3 speed; call Mark at 466-7552

Dear Neighbours:

I am looking for good adult homes for 5 or 6 cats. These cats are pure-bred and papers are available. Some are altered and some are not, therefore you must be willing to spay or neuter if they are not already done. These cats will be free of charge to the right person(s). Please contact:

Mem-Marti Cattery  
Miss Beverley Reilly  
23 Aberdeens



← LOOKING FOR A GOOD HOME...

Japanese Farmers Struggle Against Narita Airport: an evening of solidarity with the Sanrizuka farmers.

Presentation of a slide show, "Sanrizuke The Farmers Struggle for Life," music and poetry.

Date: January 21, Monday, 8:00 p.m.  
Place: Trojan Horse (179 Danforth Ave., near Broadview)

Sponsored by Canada-Asia Working Group  
\$2.00 donation requested to cover costs and to raise funds.

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BAIN BRIEFS

Jan. Newsletter.

The Maintenance Staff would like to thank all the members for their consideration during the holidays. There were no frivolous calls on the pager, only a few serious requirements. Staff had a good holiday and hope that all of our members did too. On to 1980!

\*\*\*\*\*

At this time of year we would like to remind our members that it is their responsibility to keep stairs and pathways cleared of snow, and ask the young and able bodied to remember the rest of our members who are unable to do so for themselves. We should also remind you that the mailman will refuse to deliver mail if the snow is not cleaned off your steps.

We would like to remind you that the use of salt should be restricted, as it can damage boots, carpets and pets' paws, and suggest that if ice is a problem, that a light sprinkling of sand will reduce the risk of slipping on stairs and pathways.



LAUNDROMAT

We are going to be hiring 2 permanent part-time workers to clean the laundromat (until now the workers have been hired on a temporary basis), and would like to have some feed-back from our members as to the level of service that they would like to see in this Co-op facility.

If you have any comments on the state of the laundromat as it has been until now, please contact Helga at the Office and she will pass on any comments we receive to the Hiring Committee.

Also, soon to be in place, is a new floor in the laundry room, to brighten up the room even more.



BAIN WELCOMES

New faces around the Co-op this month include:

5 the Maples: Martha McGuire and George Bobrovskis

11 the Maples: Sheila Crompton



New Housing Charges effective Feb. 1, 1980

<u>Classification</u>	<u>1980 Housing Charges</u>
one bedroom	\$236.00
model suite one bedroom	\$286.00
one bedroom with diningroom	\$306.00
one bedroom with diningroom	\$316.00
small two bedroom upper/one bedroom with diningroom	\$294.00
large two bedroom upper	\$306.00
model suite large two bedroom upper	\$349.00
two bedroom lower	\$316.00
two bedroom with diningroom	\$337.00
three bedroom upper	\$363.00
three bedroom with diningroom	\$388.00
four bedroom	\$388.00
four with diningroom	\$388.00
five bedroom	\$388.00
two bedroom house	\$267.00

We hope that this will serve to introduce you to the new residents and we will keep you up to date on their progress. By the time this article comes out, the families will have learned sufficient English to be able to carry on simple conversations. We hope that the residents of Bain won't be shy in making the families welcome. If your forte is French, communications with Sisouk, Somsanit and Lamthiane will be no problem.

If you know of any openings for temporary or full-time work that might be suitable for the families, please call either Jon or Clara at 463--8442.

BAIN AVENUE REFUGEE GROUP

## Residents' Council Report:

For the past while Residents' Council has been dealing with the beginnings of issues more than the endings of them and this report, therefore, simply describes a couple of things which will be appearing on general meeting agendas in the months to come.

The question of courtyard fencing and what should be done about it has been gratefully turned over to the Membership Committee. The membership at the December meeting passed a resolution instructing Council to look into the question of what to do about courtyard fences. With the help of the Membership Committee, a report should be forthcoming in the not too distant future.

Traffic control on Bain Avenue still lingers in the corridors of power at City Hall. A call to aldermen Howard or Cressy might help.

Council recently considered the question of what to do about the problem of apartments from which people have moved, leaving them in an unrentable condition. What to do? Not quite sure, but it's a problem and a solution must be found.

The fight continues against private developers using CMHC money which should be available only to genuine community groups. It is clear that the only shred of legitimacy which these bogus non-profit groups have is the presence of Credit Union representatives on their boards. We hope to be able to get some kind of leverage with the League by threatening to pull out.

Residents' Council desperately needs more members. Anyone interested in joining should drop by a meeting on Tuesday night - you'll be welcomed and feted and asked to stay.

Doug Macdonald  
Secretary

## general meeting news

december

Residents' Council reported to us. We also passed a motion which said that only non-profit Housing Co-ops can sit as members of The Co-op Housing Federation. The fencing proposal from Council was carried. (to refresh your memory, Council recommended that we NOT spend money on fencing)

It was decided that a fencing committee be struck to study the problem as a whole.

Bain members demonstrated their generosity by donating \$260 to Beech Hall. (a co-op for Seniors) The personnel policy was updated. South Riverdale Medical Centre

january

was brought to our attention by a member. It is also a co-op and costs \$2 to join. It is located at 126 Pape Ave. (just north of Queen) This was a comparatively short General Meeting due to the upcoming election. Candidates from our riding were invited to attend. A Notice of Motion from Norm McKinney was approved. (it will be added to the Special Rules of Order) We approved hiring 2 part-time employees for the laundromat. We were informed that a family of refugees are now located at 4 The Aberdeens.

Bye for now... Cathy Rideout

# A WORD OF WELCOME

On Thursday, December 20th, 1979, two families from Laos became the Bain Apartments' newest residents. No. 4, the Aberdeens, the apartment which the Bain membership voted to provide rent free for one year, is now the home for two Laotian refugee families. The two families, the Voravongsys and the Koransaks were forced to leave Laos after the recent political upheavals. The families made their way across the Mekong River to an overcrowded refugee camp in Thailand. All eight members of the group lived in one room for one year on meagre food rations. On their behalf we'd like to express their gratitude and excitement for the warmth, the space, and the cleanliness of their Bain apartment. They have also mentioned that their neighbours have been very friendly and helpful.

The Voravongsy family consists of Lamthiane, 28 years old, (who worked for the Department of Public Works in the second largest city in Laos, before being forced from his job), his wife, Somsanit, 25 years old, and their baby, Kamsamy who was born in the Thai refugee camp. Kamsamay, by the way, (four months old) despite all hardships, is one of the happiest babies we have ever encountered. In the Korasak family, there is Sisouk, 24 years old, his wife, Pou, and Sisouk's two brothers, Vongphit and Vilaysit, 21 years and 20 years respectively. Pou is pregnant and the family's first Canadian citizen will be born sometime in the month of March. The seventh adult in the apartment is Tinoy Chambury who is a sister-in-law to both Somsanit and Pou, the inter-relationship too complicated to explain.

Although only three weeks have passed since their arrival, much has been accomplished in the way of introducing the families to Canada, Toronto, and of course our Co-op. Social insurance numbers and OHIP cards are on the way and we are now attempting to find Tinoy, Vongphit and Sisouk full-time jobs. Lamthiane, Pou and Valaysit have chosen to attend school full-time so as to become proficient in English as fast as possible. Somsanit will be attending and English as a Second Language School which also provides day care for Kamsanay. For those working, there are evening classes which they have already begun attending. From the 7th to the 11th of January, 1980, Operation Lifeline, a volunteer organization which has been set up to provide information and aid to all refugees of the Indo-Chinese area, ran an orientation specifically for Laotian refugees introducing the families and a number of other new Canadians to the Toronto Transit System, the intricacies of medical care in Ontario, how to use a laundromat, Ontario's somewhat bleak employment situation and other useful pieces of information.

In and around the Co-op, the families have met George who offered Lamthiane a free cup of coffee on his first day here. A hearty slap on the back combined with "Hi Boss" made George a friend for life for Lamthiane.

Most of their shopping is now being done in the Spadina-Dundas area where they can find almost everything that was available in Laos (somewhat more expensive). Interestingly enough, the Voravongsys had the address and telephone number of a friend they had met at the refugee camp whom they contacted and visited at his house on Spadina in their first week here.

For the most part, the families have enough in the way of clothing and furniture for now. At this point, our efforts, and we are in need of as much help and information as possible in this regard, are directed to helping the families find useful work, learn English, and become integrated into the Toronto scene. Jobs and language, of course, are a first priority in that the families are eager to begin supporting themselves and become independent.

# THE RADIO SHACK ROAST

Radio Shack is a multinational electronics firm which has decided that the people who work for it will not have a union and input into the conditions under which they work. They have gone to great lengths and spent a lot of money in an attempt to block the decision of the workers at their main Canadian warehouse in Barrie to be represented by the United Steelworkers of America.

The workers are asking us not to shop at Radio Shack stores in order to put pressure on the company to sign a first collective agreement with the union. They have been on strike since August of last year.

Radio Shack's strategy has included:

- firing two workers for supporting the union in the spring of '78 when the union began signing people up.
- violating the Labour Board decision to reinstate the fired workers by putting one of them in a job which isolated him from the other workers.
- tacit support and approval of the circulation of an anti-union petition during working hours.
- warning workers that the company would "move out west" if the union gained a foothold.
- questioning the Labour Board's certification procedures.
- hiring spies to infiltrate and obtain information on the union and to photograph those who attend union meetings.
- instructing local management to "get rid of the union, no matter what the cost".
- taking a hard line in bargaining and stretching out the negotiations which began in November of '78 to prevent the workers from obtaining a reasonable contract, especially by insisting on the inclusion of detailed behavioural rules and regulations, retaining wide variations in wages among workers and refusing to grant mandatory payment of union dues. (This provision is needed to give the union a strong base so that it can represent the workers properly and to protect union supporters from being easily targeted by the company.)
- refusing to submit the issues in dispute to arbitration as suggested by the union, forcing the union to go on strike for a contract in August of last year.
- taking photographs of the picketers every day since the strike began.

The Ontario Labour Relations Board recently found that the company's conduct constituted bargaining in bad faith and a breach of numerous sections of the Labour Relations

Act. The company has deliberately set out to rid itself of the union by intimidating and demoralizing union supporters who were exercising their legal rights.

The company is appealing the Labour Board's decision and the strike goes on. We must make it clear to Radio Shack that this kind of treatment of workers is not acceptable. We should also work to change the government and labour legislation which allows and encourages this kind of thing to happen.

More information is available by phoning the United Steelworkers of America at 364-4274.

contributed by  
Paul Pellitier

## Back at the ranch

Neighbour to neighbour, getting together, we have started the beginnings of the new social committee to arrange social events on a continuous basis. We need people to come out and help with ideas and organizing of events. If you are interested, please come to the first meeting on Monday, January 28th at #10 The Cedars at 8.00 P.M.

In hopes of snow arriving we are planning to have a winter festival with some ideas as ice sculpturing, tobogganing, hot cocoa etc. Please come to the meeting! The more the merrier!

Leo the lonely cat (-mouser) of the food Co-op who has been living all by himself there, is in great need of a loving home, with an arrangement that he would visit the food co-op a couple days a week to anti-mouse it.

His developed neurosis from being so isolated could probably be removed by a warm home situation as he is young enough to change. If you would like to help and accommodate the little fellow, please contact Clarke Mackey, 44 the Maples or Food Co-op. (Where are you Eva when we need you??!!)

## TRAFFIC CONTROL ON BAIN AVENUE



One of the distinguishing characteristics of this place is the (sometimes not so) happy presence of children - lots of them - at play in and around the Co-op. Bain is home to about 200 children under the age of 16, and all too often the centre of their play activity is right on Bain Avenue. Several potentially fatal accidents have happened - usually in the summer - as kids and cars compete for use of the street.

The Co-op has been trying for several years now to get the City to implement measures which would reduce the speed of traffic on the street, and increase the awareness of drivers using Bain to the high concentration of children in this area. This month the City's Public Works Committee will be deciding on the most recent proposal to place traffic barriers at the western end of the Co-op - the first one to be on the south side of the street by the Cedars courtyard, and another on the north side of the street by the entrance to the West Parking Lot. These barriers would come half way out into the street, and would be marked by caution signs warning drivers of the need to use increased caution, and slowing down the speed of traffic by forcing drivers to make an "S" curve around the barriers which are located at approximately the lowest point on Bain Avenue, the point where cars now reach their fastest speed as they accelerate from the stop sign at Ingham.

Over the last few months a letter to the Chairman of the Public Works Committee has been circulated for members to fill out and return to the Office for mailing. So far there has been a good response to this mail-in campaign, and we currently expect the Committee to approve our proposal, but in order for it to be approved by City Council we will again have to mobilize a campaign to get sufficient votes from the whole of council. Basically we will be using the same tactics we have at the Committee level - letters, phone calls and interviews with councillors. As spring approaches, so does the anxiety level of parents, particularly with younger children, who instinctively respond to the squeal of tires on the street. Pet lovers too should be concerned as several cats and dogs have been hit on the street. If you are interested in pursuing this matter to a happy resolution, please contact Helga at the Office. We will be needing volunteer time and labour to see this proposal through City Hall, and could sure use your help.

Helga Steyer

# MEMBERSHIP COMMITTEE ELECTIONS

Our Annual Membership Committee Elections will be held next month - If you're interested or even just curious, please call either Elizabeth Rainsberry at 465-9308, or Helga at the Office.

FOOD

WHY NOT TRY  
THE

# BAIN FOOD CO-OP



\* FRIENDLY ATMOSPHERE

The store is run by the members -- you may meet your next door neighbour behind the cash. As much as possible we try and cater to individual shopper's tastes.

\* GREAT FOOD

Fresh produce, Lotman's bagels, Astro yogurt, free-range eggs (you'll never eat supermarket eggs again), imported and domestic cheeses, health-food peanut butter, meat (that tastes like meat used to taste), many grocery and household items, nuts, flour, granola, and much more.

\* SAVINGS

Equal or better prices than the supermarket. Real bargains on some staple items.

\* ACROSS THE BOARD MARK-UP

Commercial supermarkets charge the price that the market will bear -- it often has very little to do with the price they paid. At the Food Co-op we charge a flat 17% on items. If we get a bargain -- so do you.

\* NO FLASHY ADVERTISING OR STORE DISPLAYS

Advertising in stores is meant to make you buy more than is on your shopping list. At the Food Co-op you only buy the food that you need.

\* LESS WASTEFUL PACKAGING

Much of the cost of food now is taken up by the package. We encourage shoppers to use their own containers or we package goods in simple bags with just the contents and the price marked on.

\* PRE-ORDER BULK BUYING

Order your most commonly used items by the case and get a reduced mark-up. That means real savings.

\* SPECIAL WORK CREDIT ARRANGEMENT

-- for people who are very active in the housing co-op but who want to be members of the Food Co-op. Contact us for details.

\* PERSONAL CHEQUES ACCEPTED, BABY BONUS CHEQUES CASHED.

\* MEMBERS ARE REQUIRED TO WORK TWO HOURS PER MONTH.

WHY NOT COME AROUND AND SEE US? You can do a trial shopping to get the feel of the place.

## WE'RE AT 5 THE ABERDEENS

FRIDAY: 4-8 PM SATURDAY 10AM-1PM



# DANGER

MANY ORDINARY, HARMLESS-LOOKING OBJECTS IN YOUR HOUSE CAN SPELL DANGER FOR YOUR CAT.

## Tinfoil, Corks etc.

Cats may love to play with a tinfoil ball or cork on a string, but these objects can kill. If lodged in the throat, your cat could strangle: if chewed or partially eaten they can cause intestinal blockage. Keep tinfoil corks and other such objects away from your cat. Cellophane wrappers (on cigarette packages) can turn "glassy" in your cat's stomach and cause a painful death.

## Strings, yarn...

Never leave a cat alone with string or yarn. These are easily swallowed and can cause strangulation, intestinal blockage or even death. One local veterinarian has seen many deaths from cats eating the string some beef roasts are tied up with. And don't be fooled by the silly stereotype of a kitten playing with a ball of yarn--don't take a chance with your pet's life.

## Rubber bands

Cats love to tug on rubber bands- but any size rubber band is dangerous and can be fatal if swallowed. (If swallowed whole, they can wrap around intestines much like string and yarn.) A safe policy is to keep rubber bands in a drawer or container where your cat won't see or find them.

## Poisonous plants

Poinsettias are particularly deadly, as are azaleas and the diffenbachia (dumb cane). The dumb cane is well named for it can actually paralyze your cat's mouth. Other plants to avoid are philodendron, ivy, chrysantemums, castorbean, mistletoe (berries especially), rhubarb (leaves), buttercups, cherry (twigs, leaves, bark, fruit stones), daffodil (bulbs), daphne (berries), iris (leaves, roots and fleshy parts), jonquil (bulbs), poison ivy, privet, lily-of-the-valley (leaves flowers, roots), mushrooms, narcissus (bulbs), star of bethlehem (bulb), oak (acorns, young shoots and leaves), oleander, sumac, sweet pea (seeds and pods), rosary pea (shiny red and black seeds), potatoes (especially the eye and any sprouts from the eye; the potatoes we cook it is okay), apricot and peach (pits).

For a complete listing of dangerous plants, consult your librarian or your veterinarian.

## Chemicals

Although most cats avoid chemicals because of their smell, there is always a chance your cat will take an experimental taste. One lick can be fatal. As



with children, keep all chemicals, paints, poisons, cleaning fluids, etc. tightly capped and out of reach. Do not use bug killer in powder form - your cat could walk through it and lick his paws. Do not use "roach cakes" or other edible killing tablets. If a cat toy should come into contact with insecticide, throw it away immediately - poison can retain its killing power for indefinite periods of time. Death by poison can be slow and excruciating.

A good professional exterminator can help you rid your home or apartment of bugs or rodents with a minimum of danger to your cat. TELL HIM YOU HAVE A CAT. Then remove your pet and his food/water dishes from the house during spraying and until all rooms are aired out afterwards. Do not believe manufacturer claims that there is no danger to a cat from their poison or product. There can be.

More poisons: PHENOL: Check bottles for combinations of words having phenol in the spelling. Examples of phenol products: Lysol, some mouth washes, calomine lotion, soaps and detergents containing hexachlorophene. COAL TAR PRODUCTS: Pine Sol and Tegrin are two common examples. ACIDS AND BASES: Hydrochloric acid, sulfuric acid, battery acid, lye, bleach bleaches (including powdered and Clorox) and ammonia. MISCELLANEOUS: Crayons, lime, fertilizers, broken florescent bulbs, furniture polish, cloth dyes, paint and varnish remover, dishwashing compounds.

## Medicines

Many people think medicine for people is good for cats, too. THIS IS NOT TRUE. Never give a cat any aspirin, even children's strength. This is deadly. All medicine should be kept in tightly closed containers and out of reach of your cat. Stilbestrol, benzyl benzoate, vitamins, tranquilizers and any other medicine can be fatal for a cat. Never administer any medicines or "home remedies" to your pet - consult your veterinarian if your pet is sick. If any medicine should be prescribed, he will do so. Follow directions closely on any prescription he might give you.

## Sharp objects

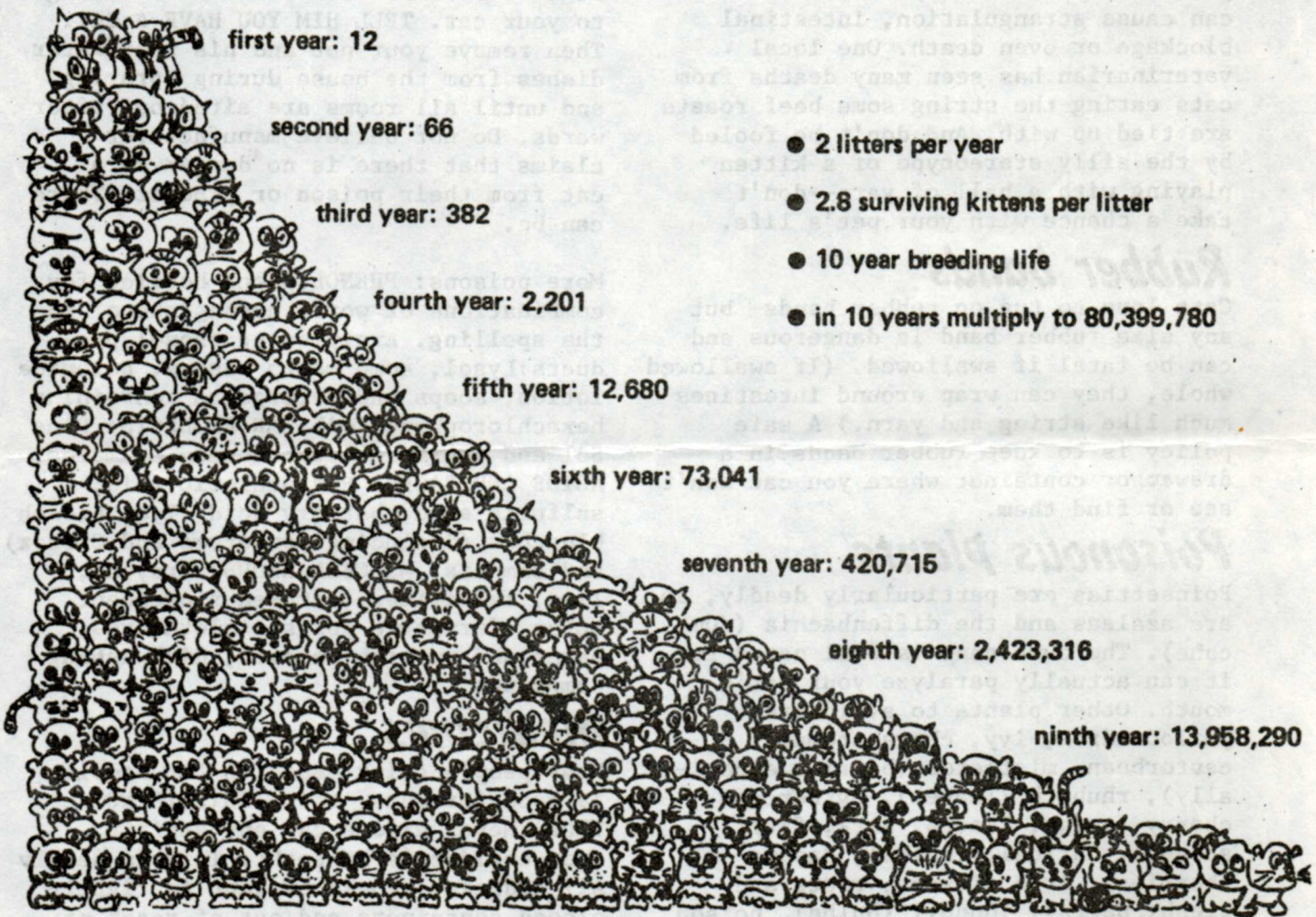
Keep all scissors, knives, straight pins safety pins, razor blades, etc. stored securely away from your cat's reach. Puncture wounds can occur if your cat jumps onto a place where you've left a sharp object. Don't let your cat play with empty thread spools either - chewing on the wood or plastic or plastic can put a splinter in your cat's mouth.

# Are you guilty?

Millions of unwanted and homeless cats are born in our country each year. During the peak of the kitten season — from late April to September — pounds and humane shelters kill unwanted and abandoned cats at the rate of over ONE PER MINUTE. Others less fortunate are left to wander — easy prey for larger animals, easy targets for automobiles and easy marks for cruel pranksters and fanatics. If they do survive these hazards and the elements, they soon attain maturity and bring forth five or six kittens, mostly females, to continue this vicious cycle. Every cat owner whose pet is unspayed or unneutered, and allowed to roam, must bear the guilt for the terrible over-population. Remember — one female cat's cumulative offspring in ten years could total over 80 million!



**TWO UNCONTROLLED BREEDING CATS ----**  
 plus all their kittens and all their kitten's kittens  
 if none are ever neutered or spayed add up to:



As a non-profit humane society for cats only, PET PRIDE urges you to neuter and spay your pets and to not let them wander outside to start their own population explosion. We can help you with advice on cat care that will help you to be a responsible pet owner. Don't be guilty of adding to the problem of unwanted cats. Support PET PRIDE with your concern and your financial donations.

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SILK SCREEN WORKERS, AHOY!

The Office has re-discovered the screens used a few years ago to run off Bain T-shirts (adult & children's sizes) with a nice logo and the Co-op name. These shirts were very popular at the time. Maybe now is the time to produce some more for sale, or for free?

Call Peter Holland at the Office if you are interested.

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## Hypoglycemia: Low Blood Sugar

I wanted to write this article so that a very common and taxing ailment might be more easily identified and so that hopefully you won't have to go through what many do trying to find out why they feel so shitty. My information, as well as being personally first hand, comes from a highly recommended book, "Hypoglycemia: A Better Approach", by Paavo Airola, Ph.D. Excellent.

I spent five miserable months, visited fifteen doctors, some specialists as well as medical and naturopaths and was ready to accept my mental and physical instability before anyone suggested I may have hypoglycemia. The symptoms range vastly different from one individual to another but the most common are: chronic fatigue; depression; insomnia; exhaustion; craving sweets, alcohol, coffee; forgetfulness; nervousness; un-coordination; heavy sweating accompanied by peculiar breath and perspiration odour; allergies...on and on. A much more extensive though not complete list is found in the hypoglycemia book. The only way to verify this ailment is to take a six hour glucose tolerance test (GTT) after careful questioning by a doctor as to your diet, drugs, medical history and symptoms. A simple blood test done once is insufficient, believe me. That's why 15 doctors told me I was perfectly healthy while my body was going to pieces.

What is it: simply not enough sugar in the blood stream, the opposite of diabetes but closely related. The pancreas overworks to produce insulin to use up any sugar that enters the body and quickly burn it up, so that there is dual exhaustion due to overwork and burning up of fuel energy (which sugar is). Sugar (not refined, mind you, but natural as in fructose, lactose, etc.) in the body means heat, oxygen to the brain, fuel for muscles and much more. This is why hypoglycemics are such a mess. But there are also varying degrees of hypoglycemia. It is not only how low the sugar level is but how fast it drops from one rate to another. The main culprit is diet and not necessarily junky ones only. People who ingest too

much sweet in forms of dried fruits and fruit juices for extended periods of time, can affect the hyper reaction of the pancreas. As well as stress, too much coffee, alcohol and tobacco smoking. Dr. Airola can tell you the complex technicalities much better. It's really worth knowing. I always heard that sugar in large quantities was poison but never understood how. I know now and won't touch the stuff (I used demerrara, but what about packaged goods? Tons of refined sugar in everything.) on my six-month diet.

The cure and correction of this state is simple and up to the individual. A diet free of sugar (glucose) additives first and foremost. My doctor recommended a fairly high protein diet - meat (liver, chicken or fish) once a day - and vitamin and mineral therapy. Lots of raw fruits and vegies, some also stewed or steamed (but not overcooked); buckwheat or millet only; soft boiled eggs; almonds or pistachios; sesame or sunflower seeds. That's basically it. It's also essential to eat about six times a day - three main meals and three or more light snacks compiled from the main diet. Starches and proteins should not be used at same meal.

However, Dr. Airola in his book recommends a high natural carbohydrate diet and people tell him it works. His, in fact, is a vegetarian diet. It's very precise and meticulous but anything is worth feeling alive. His reason for avoiding the high protein diet is that from his studies of old healthy civilizations (Hunza, etc.) and our own as well (pioneers) he concludes that a high carbohydrate (grains, vegetables, fruits) and low protein diet is what kept them healthy.

So if you feel you're "going crazy", don't despair. It may be due to hypoglycemia, and no wonder. The symptoms can be so devastating.

Miriam Wohl

# FOOD COMMENTS

Last month I began this column with a comment by the Blind Organization of Ontario with Self-Help Tactics (BOOST). BOOSTS brief to the Peoples' Food Commission outlined many issues for blind and handicapped people in our food system. One point made was that we must come together to work collectively on important issues, rather than specifically dealing with our own special priorities in isolation. All too often, minority groups when fighting for their rights forget to include the rights and special needs of the handicapped. Similarly, handicapped people need to become aware of issues affecting us all. As BOOST stated, "we live in a very visually oriented world, in which the prettiness of a package is advertised as being more important, somehow, than the contents. Too often we buy an inferior product, or a half-full box, but fail to complain, and part of the reason at least is the beautiful or clever packaging. A society that thinks in this materialistic, superficial manner will soon begin thinking of people in this same way --- evaluating them on the basis of their appearance, rather than their contents. Since handicapped people often do not come in pretty packages, we handicapped lose in any such judgment." Thus, "handicapped people are left out of public advertising campaigns generally. Advertisers wish to portray the 'perfect person' using their product. Handicapped people are consumers and should be shown as such, in normal everyday situations. This kind of public portrayal will help eradicate negative public attitudes. Blind people cannot see or benefit from pretty packaging, but they must pay for it like everybody else. Much research, time and energy went into this packaging, and we pay for this as well. This also applies to food coloring, so extensively used, and now under attack for being detrimental to health".

The general population is uninformed about food issues. Blind people are even more uninformed, due to lack of current and relevant materials in braille, or on tapes. Blind people are often not aware that such materials exist in print, and often cannot find readers to read such material to them even if they do know where to obtain such important information".

In a supermarket or store, even when a person is assigned to be the blind person shop, there is no time for reading ingredients or several items, no time to read all the store's specials to the blind patron. Price and quality comparison is thereby denied to the blind shopper. Yet, people can be handicapped by what is in their food. Many food additives cause birth defects and/or cancer and other maladies. Blind people live in chronic unemployment and with constant poverty. This limits the choice of the blind and other wise handicapped individual as to the food he or she can afford to buy. Poor eating habits often result, such as extensive use of canned, processed or frozen food.

Malnutrition is the leading cause of blindness in the world today, especially in the Third World. The incidence of blindness is highest in the Northwest Territories as far as Canadian figures go because of possible malnutrition in this area, and due to less effective medical coverage in rural areas many native Canadians and other rural groups may suffer from nutrition related blindness.

These were some of the more dramatic issues raised by BOOST. Unfortunately, we do not have space to cover them all. Interested people could call BOOST (364-4444) for more information.

Mike Carr

Last month we printed an old article from the Globe and Mail asking us to elect John Sewell. Well that was a "bloop" We will be more up to date from here on in.

Newsletter Co-ordinator

# RE-ELECT

## The Man Canada Needs Today

"Never before have so many Canadians feared,  
so many Canadians bowed before one man."  
-Globe and Mail

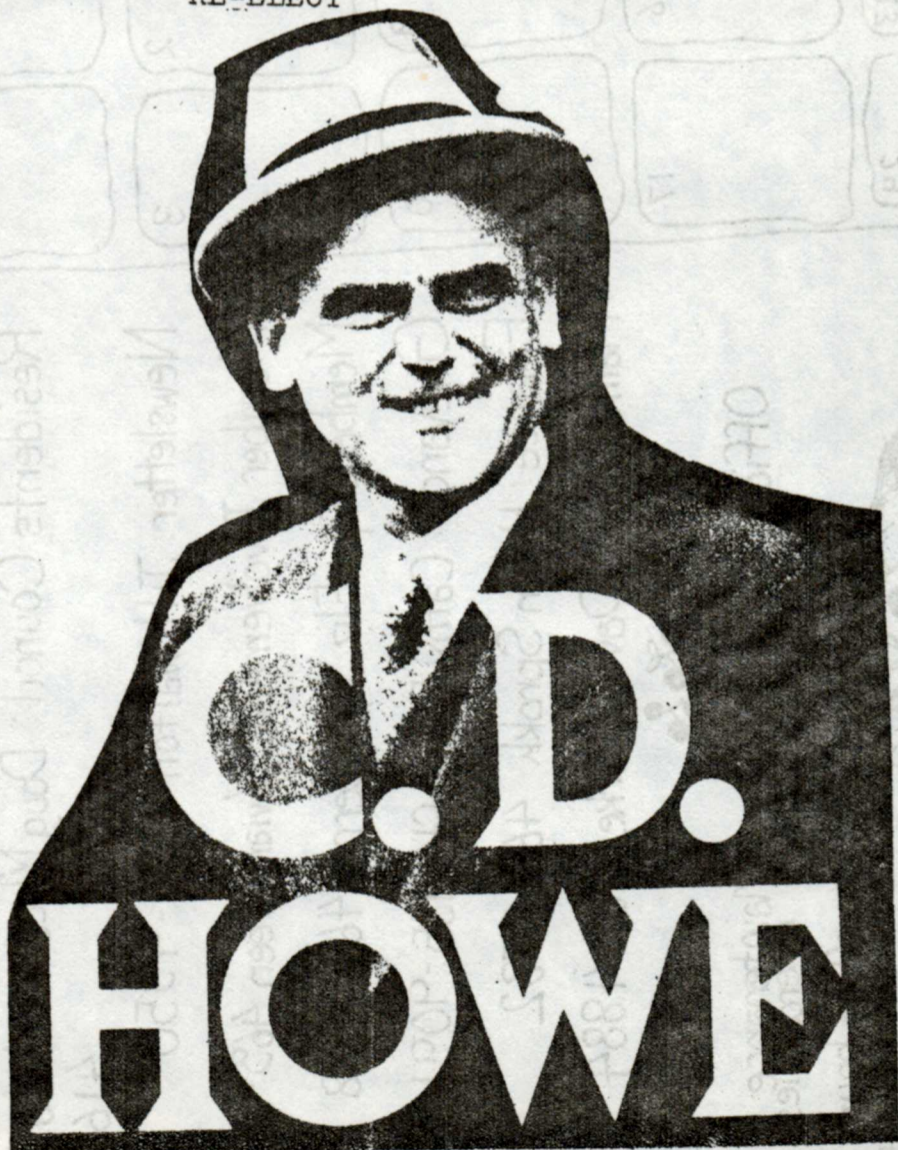
THE MAN who was the architect of modern Canada... who put us on the road to prosperity with his Crown Corporations... and who would refuse outright to see any of them—PETROCAN included—sold out.




THE MAN who worried when unemployment and interest rates went over THREE PERCENT—and never let them get to FOUR.

THE MAN who provided Canadians with all the energy they needed—and refused to be held to ransom by provincial premiers.

THE MAN who knew what he wanted for Canada—and then went out and got it.

RE-ELECT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21 JANUARY	22	23	24 ENERGY and PLANNING	25	26	27
28 SOCIAL EVENTS 8.00	29	30	31 MAINTENANCE MTG.	1 FEBRUARY	2	3
4 MEMBER INVOLVEMENT MTG.	5 NEWSLETTER DEADLINE	6	7	8	9	10
11	12 GENERAL MEETING	13	14 	15 NEWSLETTER PRODUCTION 1.30	16	17
18 elected on 	19	20	21 	22	23	24

## COMMITTEE CONTACT PEOPLE

Residents Council: Doug Macdonald 461-4161

Newsletter: Jill Walton: 465-4350

Member Involvement: Vivian Green 465-9183

Membership: Eliz. Rainsberry. 465-9308

Grievance: Cathy Beecraft 465-9091

Finance: Helen Sprock 469-0782

Maintenance: David Clarke 463-4884

Office: 466-2186

Maintenance emergencies

Non office hours call 483-1003 +

ask for Pager 3322

