



BAIN NEWS

February 1980

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Many thanks again to all the people who made January newsletter possible. Margret Bernard, Gail Kenny Simon Tunley, Carole Ramm, Marsha Kirzner, Carol Linton, Louise Thibault, Carole Milon, Helga Steyer, and all the contributors.

Please keep those articles coming. This is a co-op news letter and everybody has a right to speak out or up. We certainly welcome articles from the children and teens of the co-op too.

Heather Barker did last months cover and Louise Thibault did this months.

Bain News

For February we have two new members -

Andre Golding in 18 the Maples

Vicki Hollenberg in 58 the Lindens. (A note of apology to Vicki who has been hobbling around in a cast since before she moved in, but who made it up to the General Meeting, and distributed agendas for it! Such determination in the face of adversity - you should do well here! Good Luck and a speedy recovery.)

Csssssst!

(Wanna know a super secret?)
The Finance Committee is looking for new members...Tell somebody...Maybe they will become a new member....!

Speedy Recovery

On behalf of all of Bain Co-opers we would like to express our wishes for a speedy recovery to one of our Maintenance Staff, Cecil Rodriguez, who is recuperating from surgery.

We would also like to thank Clara Laidlaw for volunteering to help out in Cec's absence, by tidying up the street on garbage days.

Thank you's

The Office Staff would like to thank the following people who have made time to put some of their efforts into helping out in the Office. As always, thanks to our "old timers" Eva Deveau, Ivy Blair and Ruth Taunton, and also to some of the newer faces you may now see in the Office: Karen Crowley, Ken Puley, Virginia Sangster, Karen Richardson, and Martha Breen.

A special word of thanks to the following people who were part of a clean up crew in 21 the Oaks, abandoned a few weeks ago:

Brenda Storey - co-ordinator
Miriam & Simon Wohl
Frank Faulk
Steve Stringer
Skye Hughes

Volunteers cleaned the appliances, swept up and took out garbage, steamed wallpaper off 3 rooms, and painted some woodwork. We hope, thanks to their efforts, to be able to rent this unit in short order.

Congratulations!!

Dinah and Jonathan Forbes 10 Lindens, are delighted to announce the birth at home of their second son, Dyson, on 8th of January.

.....

My, what a lovely apartment

The Member Involvement Committee needs people to volunteer to show their apartments for our monthly Open House evenings for new applicants.

If you are willing to have your apt shown, please contact Helga at the Office. You will be contacted to confirm the arrangement before the night of each Open House.



Laundromat



NEW HOURS:

The Laundromat is now open every day from 8 a.m. to 11 p.m.

OLD PRICES:

No inflation here!
Cost is still 35¢ per wash, and 10¢ per dry cycle.

HELPFUL HINTS

from the Keegano Gexette,
Keegano Co-op, Edmonton Alberta

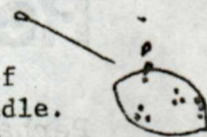
A compact activity bag kept out of sight under the car seat comes in handy when children get bored while riding or visiting. Fill it with various items suitable to your child's interests. Adults and children will benefit.



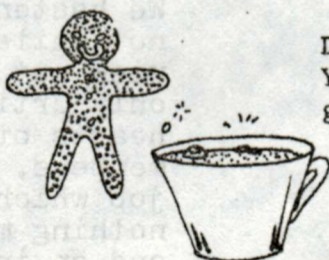
Get the very last drop of toothpaste out of the tube by soaking the empty tube in hot water for a few minutes.



When using fresh lemon juice, instead of cutting the lemon, pierce it with a needle. By doing this you can squeeze out as you need and seal the hole with tape for later use.

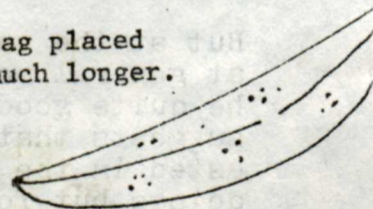


My, aren't Avocados interesting.



Don't throw away leftover cold coffee. You can use it as flavouring when making gingerbread and spiced fruitcakes.

Bananas stored in brown paper bag placed in the refrigerator will keep much longer.



Do you know that ammonia wastes from fish are a good source of nitrogen? If you have an aquarium, use the old water each week on your plants, especially the leafy ones.

MEMBER INVOLVEMENT COMMITTEE



The dedicated members of the membership involvement committee are out pounding the pavement and door-knocking again. No, we haven't been persuaded to throw our weight behind one of our illustrious politicians--we are out talking to new (and some not so new) co-op members.

Some of you may remember a canvas similar to this about six months ago where co-op members were asked a series of questions and the results were published in the newsletter. We in the M.I.C. feel that getting out and talking to co-op members, especially fairly soon after they move in, is an important step in making people feel comfortable and connected to Bain. Just as important, face to face contact as happens in a canvas allows people to become involved in ways they would like by helping new members get the information they need and gives members an easy forum to ask questions. We are hoping to publish the

results of our canvases in the next newsletter and are planning to keep up a canvas on an on-going basis. Additionally, the M.I.C. is currently working with the membership committee in the NEW improved orientation evenings. These are slightly different from M.I.C.'s earlier orientation evenings because now all applicants to Bain, even before they actually apply, are asked to come to be oriented. The purpose of these sessions is to let people know what they might be getting into if they decide to apply to Bain. The slide show and orientation will talk about the basics of housing co-operatives, how they are structured and operate.

We are a fun and friendly committee and welcome any and all newcomers.

The next meeting is on March 3 at #57 the Oaks at 8:00 pm.

Vivian Green

Residents' Council Report □ □ □

Perhaps the most significant thing about Residents' Council these days is its size. The by-laws say there shall be twelve members and that Council shall immediately fill any vacancies if we could find people willing to be so appointed. The same problem seems to be affecting the committees as well. With a few possible exceptions they all seem to be limping along.

But at the same time, attendance at general meetings seems to be quite good these days which suggests that people are interested in the Co-op and its doings but for some reason are reluctant to join Council or Committees. One reason for this might be a feeling among new members that sitting on one

of these august bodies requires special sort of expertise which comes only after long years living in the co-op.

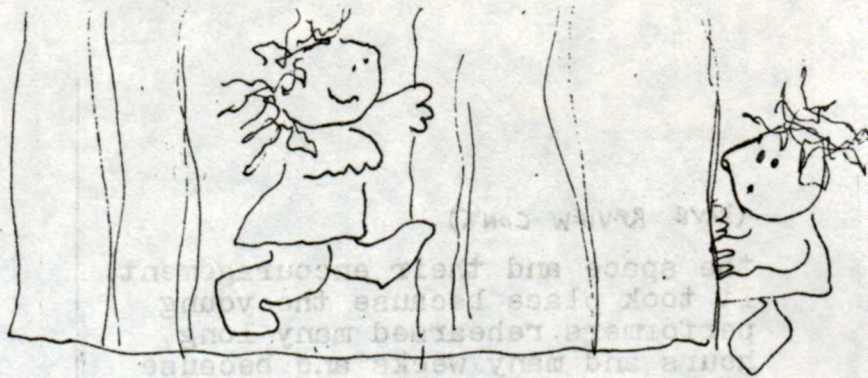
We hasten to disagree. While not quite inclining to the view put forth last year that only articulate zombies with hearts of stone make good Council members, we do say that its a job which has as its prerequisite nothing more than common sense and an interest in the well being of the co-op.

Anyone thinking they might be interested should come to one meeting as a guest. Having done so, there's no obligation to join - and who knows, it just might happen.

Doug Macdonald



"HEY, RACHEL, TURN UP THE APPLAUSE!"



BAIN AVENUE IN REVIEW

Juvenile Thespians Wow Audience At 30 Aberdeens

Maggie Thomas' and Richard Donat's basement theatre hosted a lively and moving variety show on Sunday, January 12 of this new year. The performance, based on tapes of the "Rocky Horror Show" was scheduled for 3 P.M. but started late "on account of my mother, Cathy's nana, and most of the audience not getting there yet" stated Ms. Becky Corbett (age 12), one of the two stars of the show who was interviewed afterwards.

The performance opened with a moving and lyrical interpretation of "There's a light" by Becky Corbett fetchingly dressed in something long, flowing and pastel-romantic. This was followed by Ms. Kathy Taylor (age 11) entertaining the audience with selected, tried and tested jokes and riddles. Altogether, there were nine different numbers that included songs, dances, pantomime, gymnastics, and humorous and serious skits.

The "Time Warp", a duet and song, was particularly intense and both performers worked hard to match the dramatic content of the lyrics that go:

"It's so astounding,
time is beating --
madness takes it's toll.
Now listen closely,
not for very much longer,
I've got to keep control."

dacapo:

I remember doing the time warp etc.

...and they pulled it off with flair.

Ms. Corbett exhibits an unusually wide dramatic range, going easily from lyric sweetness (as in her first number) to heavy drama bordering on the surreal in her rendition of "Transvestite" which she expressed physically and broadly. Ms. Taylor's performance on the other hand, was informed by a coltish grace -- artless, ingenious and sweet.

Both young actresses are extremely attractive. Their make-up was subtle. Their costumes were colourful, resourceful - even flashy. In one number Ms. Corbett sported black satin, high-waisted slacks with a pale blue t-shirt top that procl ed in silver glitter: "All you need is love." In anot number Ms. Corbett wore a blue top, a purple skirt, green tights and orange soc

The theatre manager and technician for this very fine performance was Ms. Rachel Corbett (age 10) who operated the tape-recorder and worked the lights, turning the over head basement light on and very quickly to heighten the dramatic intensity of certain numbers. Unfortunately technical expertise is never noticed unless something goes wrong. But nothing went wrong and she responded to all the cues promptly. She even assisted with the curtains that were opened and shut for each segment of the show with a coat-hanger attached and had been donated by the Taylor household for the occasion with Mrs. Taylor's previous knowledge, as Ms. Taylor, the star, assured me. The audience which enjoyed the event hugely, included the following: Colleen LeBrun, James Lebrun, Morgan Donat (who breached the dress code by appearing sans-culo and sans-diaper, was sent upstairs and reappeared diapered properly by his mother), Owen Donat (or rather Owen Lebrun for the afternoon because he wanted to be a visitor to his own basement), Irene Murray, Cindy Corbett, Susan Corbett, Mrs. Taylor (Cathy's Nana), and your reporter.

This very fine performance took place for a variety of reasons...because Maggie Thomas and Richard Donat gav

(RAVE REVIEW CONT.)

the space and their encouragement. It took place because the young performers rehearsed many long hours and many weeks and because these children have imagination, commitment, courage, and a longing to be special -- to excel. It showed in their work. It was not 'just a kids' performance'. It was A PERFORMANCE -- well conceived, carefully planned, and well executed. Their focus and attention was evident throughout.

It was a privilege to see their work -- yet the privilege extends further -- to have such fine talented young people in our midst.



By Dagmar Baur

"UH, OH.... I DON'T THINK I'M
DRESSED FOR THE OCCASION,"
MUMBLED MORGAN.

ALL MEMBERS - NOTICE

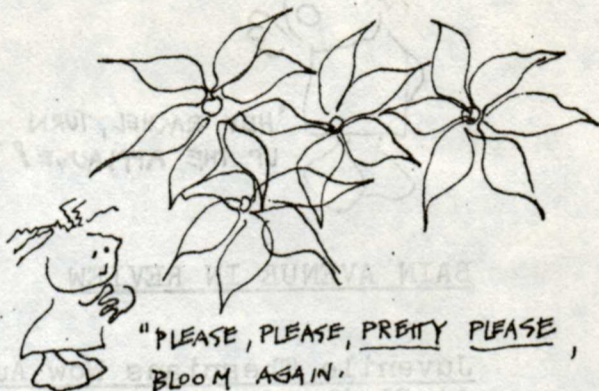
Our mortgage agreement with CMHC requires that ALL members verify their income.

Please refer to flyers that have been circulated for information on what documentation you require.

Members receiving Rent Supplements must also sign forms with Deborah Wolfe. She will be available in the Office as follows:

Mondays 1 - 2 p.m.
Wednesdays 1:45 - 7 p.m.
Thursdays 1 - 7 p.m.

The Deadline for income verification has been extended till Thursday, MARCH 6th.



MAKE YOUR POINSETTIA BLOOM AGAIN

Keep it in a sunny location which is free of draughts; it may bloom for months.

In late May, when frosts are past and the ground and air are warm, cut the plant back to 6" (taking any late bloom too). Sink the plant, pot and all, into your outdoor garden.

Put mulch over it to reduce the need to water it.

Keep the plant watered.

Watch its growth: if it gets tall and "leggy", pinch off the growing tip to force out side growth. (Or cut off about 4" of the growing tip (and root it as a cutting.)

Bring the plant indoors well before frost. It may need re-potting. Keep it in a sunny window.

KEEP IT IN THE DARK AT NIGHT.

Ten weeks of short daylight will stimulate bloom, but artificial light at night will inhibit it. Cover the plant EVERY night or keep in a room without artificial light.

Moonlight may be ignored.

The plant should bloom well about the first of December; the blooms should last through February, maybe longer.

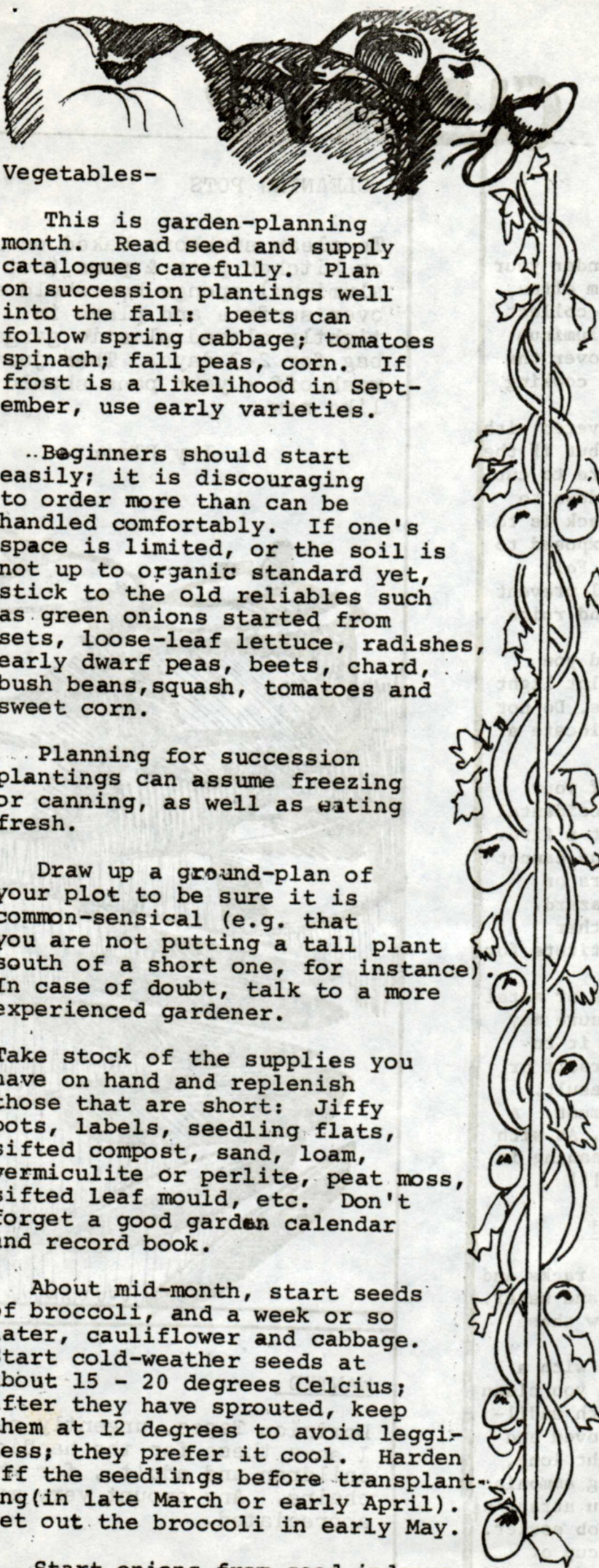
Fertilize not more often than each six weeks with fish emulsion or equivalent.

Condensed from an article by MONICA BRANDIES in the January 1980 Organic Gardening

Need a Haircut?
Right in your own Co-op!
Reasonable rates.
Call Michelle
465-2092

FOR SALE

1972 Chevy Impala
\$200. Phone 465-4350
Jill Walton



Vegetables-

This is garden-planning month. Read seed and supply catalogues carefully. Plan on succession plantings well into the fall: beets can follow spring cabbage; tomatoes spinach; fall peas, corn. If frost is a likelihood in September, use early varieties.

..Beginners should start easily; it is discouraging to order more than can be handled comfortably. If one's space is limited, or the soil is not up to organic standard yet, stick to the old reliables such as green onions started from sets, loose-leaf lettuce, radishes, early dwarf peas, beets, chard, bush beans, squash, tomatoes and sweet corn.

Planning for succession plantings can assume freezing or canning, as well as eating fresh.

Draw up a ground-plan of your plot to be sure it is common-sensical (e.g. that you are not putting a tall plant south of a short one, for instance). In case of doubt, talk to a more experienced gardener.

Take stock of the supplies you have on hand and replenish those that are short: Jiffy pots, labels, seedling flats, sifted compost, sand, loam, vermiculite or perlite, peat moss, sifted leaf mould, etc. Don't forget a good garden calendar and record book.

About mid-month, start seeds of broccoli, and a week or so later, cauliflower and cabbage. Start cold-weather seeds at about 15 - 20 degrees Celcius; after they have sprouted, keep them at 12 degrees to avoid legginess; they prefer it cool. Harden off the seedlings before transplanting (in late March or early April). Set out the broccoli in early May.

Start onions from seed indoors. Most varieties need up to 130

days to mature. Plant out the seedlings in March or early April, as soon as you can work the soil; work in plenty of compost. Surround the young plants with a continuous belt of coarse sand or wood ash to discourage the fly which lays onion-maggot eggs.

Seed left over from last year may be tested for viability by putting ten or twelve of them between two pieces of paper towelling. Keep them damp for a week, then count the number of sprouts and duds. If the percentage is below 60% or so, throw them out and buy new seed.

Start collecting household items for use in the garden; milk and juice cartons can be cut into 3" collars for putting around young plants to baffle cutworm; old nylon stockings can be cut into 1" strips for use as plant ties; dried eggshells can be collected and crushed for spreading around plants to discourage slugs.

If you have an asparagus bed, you may need to dust it lightly with dolomitic limestone or heavily with wood ash.

Feed, water and shelter the winter birds/ Keep one feeder near the vegetable patch, in combination with a shelter of brush and/or evergreen boughs. This will encourage bird patrol when spring and summer insects invade the garden.

Condensed from Organic Gardening, January 1980, by Norman McKinnn

KITCHEN CLEAN UP

STOVE CARE

Safety First

If you use burner savers under your burners be sure to replace them often, otherwise food and grease will collect and cause fires. If you use aluminum foil instead, be sure not to cover the air vents, as this will affect cooking results in your oven.

Your broiler pan can be covered with foil to make cleaning easier, but if the broiler rack is covered, be sure to cut openings to allow fat to drip down to the pan. The purpose of the rack is to keep fat from being directly exposed to the burner and catching fire. Foil placed over the oven racks will prevent air circulating in the oven and ruins the purpose of baking.

If you have a gas range and you detect a gas smell when the pilot light is burning, call Consumers' Gas. Do not use a match or other flame to locate a leak.

- Never store things on top of your stove or in the oven. An accidental turn of the knob could start a fire.
- Be sure your kitchen curtains cannot blow over the surface burners or elements, creating a fire hazard. Do not use dish towels or other trailing articles as a substitute for pot holders.
- Never heat an unopened glass or metal container in the oven. Pressure may build up inside it, causing it to burst. Serious harm to yourself or damage to your range will result.
- Regular oven cleaning is a must. A dirty oven is a fire hazard. As with freezer defrosting, oven cleaning is easier if done frequently!!!!

Here is an easy cleaning method

Clean oven walls, oven bottom, racks and rack supports often with soap and water. For that major cleaning, follow these instructions.

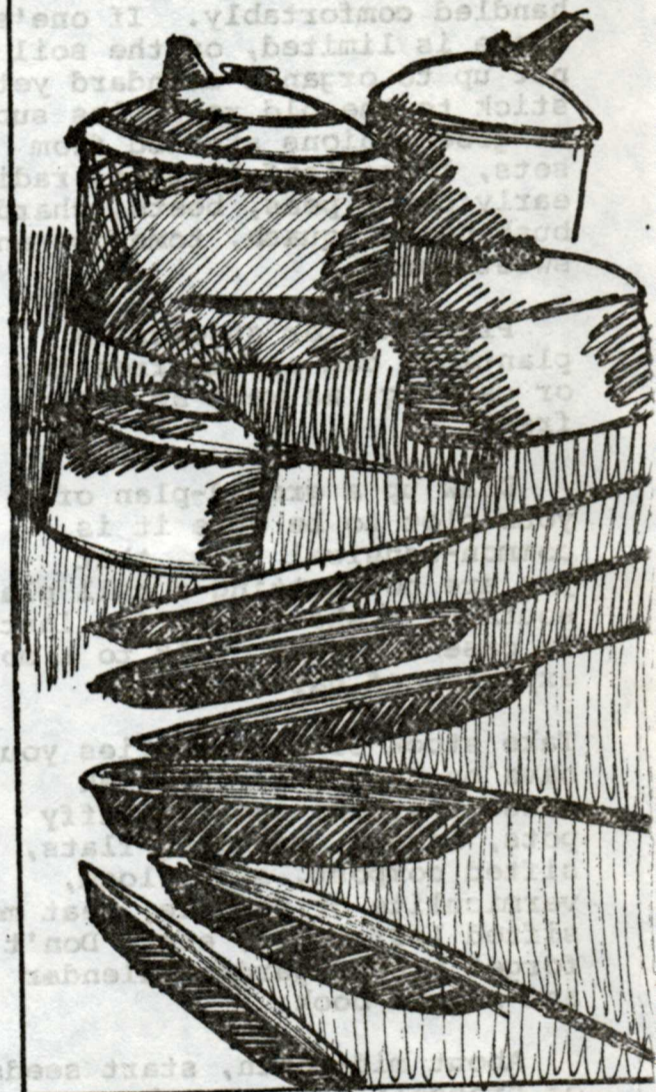
- The Ammonia Approach: Start with a cold oven. The night before you clean the oven, fill an old cup with undiluted ammonia, set it in the oven and shut the oven door. All night long, while you sleep, those strong ammonia fumes will be working for you attacking the grease and making your job easier.
- The next day, pour the same cup of ammonia into a pail of warm water, add a few tablespoons of washing soda to the solution, and dip in some old newspapers. Use the newspapers to wipe the inside clean. Burned on foods can be rubbed away with a rough cloth. Oven racks should be soaked in soapy water, scoured with SOS pads, rinsed and dried.

HAVE FUN!!!

CLEANING POTS

To clean stubborn baked on stain on kitchen pots & pans (not aluminum) sponge household ammonia over surface and place in tightly closed plastic garbage bag for 2-3 days. Then just wash off - your pans should look like new.

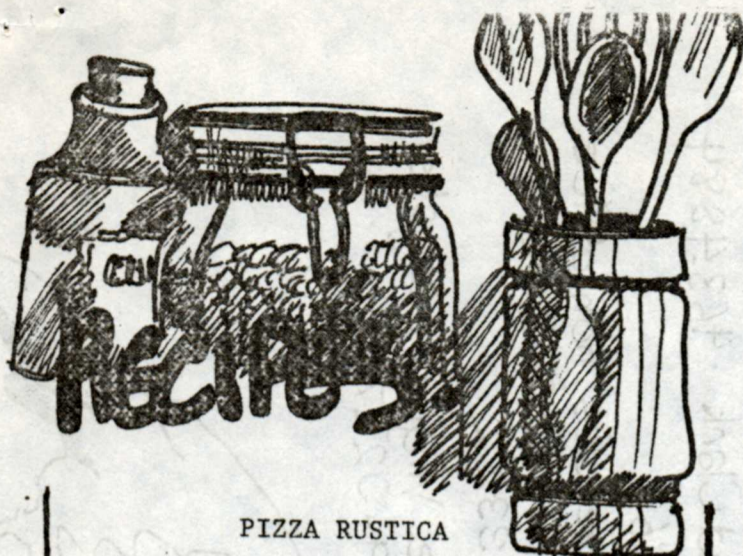
Ivy Blair



WANTED

Dominion Tapes, urgently needed I save these for the handicapped children and adult, for wheel-chairs. Any amount very much appreciated.

Violet Kapranchuk
13 Oaks, N.



PIZZA RUSTICA

submitted by
Anne Carvell

- 1 lb. ricotta cheese
- 1 lb. mozzarella cheese
- 8 oz. parmesan cheese
- 4 eggs
- 2 green peppers
- 1 garlic bud
- 2 tbs. oil
- 1 large or 2 small onions
- 1-3 oz. can tomato paste
- 1-7 1/2 oz. can tomato sauce
- 1 tsp. basil
- 2 tbsp. parsley
- 1 tbsp. oregano

Combine ricotta, parmesan and eggs into one bowl beating until smooth.

In the same bowl add parsley and 1 tsp. oregano.

Saute onion and garlic and 1 green pepper in oil, slowly adding tomato paste, sauce, remaining oregano and basil.

In the bottom of a deep casserole dish, line with whole wheat pie shell, put a layer of egg and cheese mixture, adding tomato mixture on top, then sliced mozzarella. Final layer ends with mozzarella on top with 1 green pepper cut into rings to garnish.

Bake at 350°F for 25 minutes.
Makes 6 to 8 servings.

WHOLE WHEAT PASTRY

- 7 heaping tblsp. whole wheat flour
- 3 heaping tblsp. crisco
- 1 egg, beaten with a little vinegar

Cut up lard and flour with a pastry cutter, to make lard pea-sized.

Add egg with vinegar, mix and pack it into a ball.

Put it into fridge or freezer.

Roll on floured board.

Makes one 9 inch pie crust.



VEGETABLE HODGE PODGE

- 1/2 lb. mozzarella cheese, grated
- 1/2 lb. farmers or cheddar cheese
- 2 - 7 1/2 oz. tins tomato sauce with onions and mushrooms
- 1 1/2 tbsp. oregano
- 1 tbsp. plus 1 tsp. vegetable seasoning
- 1 tbsp. plus 1 tsp. kelp
- 1 tsp. spike
- 1 onion chopped
- 2 tbsp. bakken yeast or brewer's yeast
- 2 small or 1 large egg plant
- 2 tbsp. safflower oil or peanut oil

Combine cheeses in a small bowl, and in another bowl combine tomato sauce, 1/2 tsp. oregano, 1 tsp. vegetable seasoning, 1 tsp. kelp, onion and green pepper.

In a brown bag combine yeast, 1 tbsp. kelp, 1 tbsp. oregano and 1 tbsp. vegetable seasoning.

Cut eggplant into 1/2 inch thick round slices, shake eggplant slices in paper bag with seasonings, shake off excess.

Heat oil in a wok over high heat. Saute egg plant in hot oil for 1 second on each side and remove.

In a 9 by 13 inch pyrex baking dish put a layer of egg plant; cover with 1/3 of the tomato sauce mixture and sprinkle with grated cheese. Continue with 2 or more layers of each.

Bake at 325°F. for 30 minutes.
Makes 6 to 8 servings.

CLASSIFIED ADS

Want to throw away the junk in your basement locker? Or trade it for better junk? Instead of tossing it away or, worse, letting it sit there forever, put an ad in the Bain Newsletter.

Are you having trouble finding a baby-sitter? Have you lost a cat or found a gold brick and are anxious to return it to the owner?

Looking for a room-mate for your spacious Bain Co-Op apartment? Find one by putting an ad in the newsletter.

It's your newsletter and it's FREE.

All you have to do is compose the ad and deliver it to the newsletter committee.
(Contact Jill Walton at 68 The Lindens.)

COMMITTEE CONTACT PEOPLE

Residents Council: Doug Macdonald 461-4161

Food Co-op: Clarke Mackey: 465-6783

Newsletter: Jill Walton: 465-4350

Member Involvement: Viv Green 465-918

Membership:

Grievance: Cathy Baccraft: 465-9091

Finance: Helen Sprock: 469-0782

Maintenance: David Clark: 463-4884

Office: 466-2186

Maintenance emergencies; non office hours call 483-1003 and ask for Pager 3322

Social Committee: Virginia Sangster
469-0227



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 FEBRUARY	26	27	28 Maintenance Mtg	29 	1 MARCH	2
3 member Involvement	4	5	6 Energy and Planning	7	8	9
10	11 General Mtg	12	13 Maintenance Mtg	14	15	16
17	18	19	20 Energy and Planning	21	22	23
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