

Ladies and Gentlemen,

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Forest Hill or The Bridle Path.*

*But after all you've achieved,
why compromise?*



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Or.....



bain apartments co-operative incorporated

NEWS

APRIL

1980

YOURS, MINE, OURS.....

This is OUR newsletter. It is the major tool for communicating with your fellow co-ops, here at Bain, and also the other co-ops in Toronto, even Canada who are on our mailing list.

We welcome all submissions and responses to articles that appear here.

Submissions can be dropped off at the Office, addressed to the Newsletter Committee.

THE APRIL BAIN NEWS was put out by the following contributors:

Andre Golding, Hugh Tapping,
Simon & Lorraine Tunley,
Margaret Barnard, Penney Kome,
Norm McKinney, Carol Milon,
Gain Kenney, Dagmar Baur,
Simon Wohl & Christian Moran,
Heather Barker.

If we missed giving you credit, sorry, but keep at it and we'll try again next month.

MAINTENANCE EMERGENCIES / ON CALL

The Co-op has an emergency pager system for maintenance emergencies which occur during non-office hours.

Please realize that our staff have a right to their non-working time just as you do, and do not use this pager unless you absolutely have to.

The Emergency Number to call is 483-1003

Ask for Pager #3322, and leave the following information:

- your name
- your phone number
- where you are calling from (your unit number)
- a brief description of the problem.

You will be called back by the staff person who is on call.

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Garbage Notice Time Again!

Garbage pick-up days are Tuesday and Friday - around 12 noon, so do not put garbage out the night before. The animals tear open the bags and Cec has to spend a lot of time picking up the junk. Special pick-up is on Wednesdays except weeks with a holiday, and then there is no Special pick-up.

A NOTE OF THANKS

Thank you very much folks for the Dominion Tapes. I can always use them if you have them at any time.

I would also like to compliment the two ladies who are keeping the Laundromat in such clean and beautiful condition. Thank you.

Violet Kapranchuk
13 the Oaks

MORE THANKS

Special Thanks to the following people who put their time and effort into a work crew painting 21 the Oaks: Dale Cotton, Lynn Resit, Craig Bernardo, and Simon Liston. We need more folks like you.

General Meeting Report

The writers of this report, a new member and a member of long standing, respectively viewed the April General Meeting with sparkling and scratched spectacles. Both saw a flat and strange meeting. The agenda looked promising, but fencing would take more than an hour. The meeting opened with announcements about meetings involving Bain as part of the housing co-op movement. Then Residents' Council gave its report. Most importantly, nominations were opened for the election of a new Residents' Council at next month's Annual Meeting. Hopefully, there will be at least twelve candidates for the next council. What happens to Bain if we can't find twelve responsible leaders? By the way, for May's Annual General Meeting a quorum of 50 members is required: it's the audited report on where our rent went.

Finally fencing wandered full circle. After several General Meetings, we've finally decided to do something about the fences. Thanks to the detailed report of the Maintenance Committee, the General Meeting could conclude this perpetual process. Motions were passed deciding:

- (a) All new fencing will be of the same design.
- (b) That the existing location of the courtyard fencing remain unchanged.
- (c) That there will be fencing along Sparkhall Avenue, with gateways, but not gates.
- (d) That the fencing will be vinyl-coated chain link and hedges.
- (e) That \$2,500 is allocated this year to maintain courtyard fencing and hedges as necessary.
- (f) That an attempt be made to have this fencing installed by Co-op volunteers.

Once again the important and interesting items were deferred. Proposals concerning the Grievance and Membership Committees' work were put off to another day. Wandering discussion not nearly as straight as a fence and the problem of accommodating guest speakers took up all the available time. Taking so much time dragging from meeting to meeting makes us wonder why more people don't stay away from General Meetings (or why they aren't prepared to change this situation). If we don't have time, how can we discuss our rights and duties? How can we know what to expect of our neighbours? Is co-operation having rights in spite of anything a member might do or not do?

We'd like to report about these essential issues, but we'll wait until the membership gives us something to say. We'll put it off because the General Meeting put it off, and soon everyone will be put off.

A golding & h tapping.

* * * * *

A report on the second part of the General Meeting, with guest speaker George Martel, school board trustee for the ward, follows. It was written by Andre Golding, a high school teacher and a (still keen) new Co-op member.

* * * * *

THIS MARTEL is about our SCHOOLS

George Martel did not explicitly mention that education is social power, but he did outline the schooling consequences of SES -- socio-economic status. Parental income statistically stacks the deck for students. Lower income increases kids' odds of being labelled dumb or crazy. Terms like "educably retarded", programs like "Special Education -- Behavioural" and procedures like I.Q. testing impose the middle-class values of the system on our kids. Ironically, Martel said that white-painters moving into the neighbourhood would improve the statistics. But the basic problem of the domination of schools by the commercial class mentality, he suggested, can be fought on three fronts:

- A. Streaming - the misplacing of kids in ruts.
- B. Power Structure - "I hate to say it, but most principals are turkeys!"
- C. Curriculum - the need to develop programs that meet students' needs and realities.

Martel emphasized how important parental participation is on the level of the School Community Council. Some parents reported their failures and frustrations when dealing with principals. Martel advised parents to unite forces with teachers and explained that parental involvement on a school's staffing committee was the best practical tactic.

Promising plans for the formation of a group of parents of Bain students resulted at the end of the meeting. The collective voice of our co-operative could help the student or parent left ignored in the school corridor. For parents with kids not yet in schools, getting involved later could likely be too late. Someone special could be failed many times in many ways while proposals for change are being processed. Finally, as a beginning, perhaps inviting a teacher home for lunch could create a positive social bond between Bain and the school.

-- A golding.

NOTE: At this meeting a group of concerned Withrow parents decided to have a meeting to follow up on some of the issues which were raised at this meeting. If you would like to join us, we will be meeting in the Co-op Office on Monday, April 14th, at 8:00 p.m. See the attached notice, or call me at the Office.

- Helga.

After the discussion with George Martel, one final motion, sponsored by Dick Winters, a new member, was passed unanimously.

We decided that since its better to co-operate than to radiate, Bain will join the HALT NUCLEAR POWER demonstration next SATURDAY, APRIL 26. A banner will be made to identify who we are.

Next Saturday, around noon, if you want a lift or can offer a ride, meet in the Main Driveway, by the Office. If you're already downtown, the banner will be at the North-East Corner of the reflecting pool at City Hall around 12:30.

The rally begins at 1:00 p.m. BE THERE!

IT'S EITHER MARCH IN THE STREETS OR GLOW IN THE DARK!

On call ?

WHAT IS AN EMERGENCY?

Our Maintenance (and Office) staff do not get paid for overtime. But, if there's an emergency, someone is available every minute of the year. That's very co-operative of our employees.

As employers, we're not so co-operative. In the rest of the world an emergency is something dangerous: something serious that can cause damage or injury.

Here at Bain, we phone the emergency pager number and say it's an emergency when a fuse blows, or a screen comes off a window. People call it an emergency when they've locked themselves out for the third time in two weeks.

Instead of phoning in a work order about a lock that's been getting harder and harder to open for months, we wait until it's completely shot, then call the pager to summon a maintenance person to let us in (or out)!

If that sort of call only happened once in a while, our staff wouldn't think anything of it. The problem is, there's a lot of such calls. If everyone only called once a year (men, women and children) there'd be over 500 such calls a year!

Some weeks there are very few calls, and fewer real emergencies. But often such calls seem to happen all at once. Some weeks the pager is unused, another week there'll be calls 2 or 3 times a day, from 7:30 a.m. till 2:20 the next morning. Staff are not allowed to take time off until they've worked more than 5 hours overtime. That's what the Personnel Policy says, the first 5 hours of overtime are free, no matter what the Labour Relations Act says, so that only after a maintenance worker has worked six hours overtime on his on call week can he take one hour off in compensation. Irregardless of how late calls come in, or at what time a worker may have been woken up, he starts work the next day at 8:00 a.m. Sometimes our guys may seem a little slow, surly even. Who wouldn't be?

So, PLEASE: Remember, Co-operation is a two-way street. While staff overtime now is a free service, it does cost our workers, and our members if this service is abused. Report Work Orders promptly, give as clear a description of the work required as possible, and don't wait till 4:45 on Friday afternoon to let the Office know about a drain/leak/broken window that should have been reported three days sooner. Leave copies of your keys with friends and neighbours. Use temporary measures where possible and phone in or drop off notes for work that must be done. Remember, staff has to live here too, and we have to respect that they have a right to some time of their own too.

Announcing SPRING



An early bird notice for spring and summer: The Co-op has a stock of lawn and garden tools (forks, rakes, power and hand mowers, wheel barrows, etc.) that are available for members use from the Shed in the Main Driveway. See staff during Office hours, but PLEASE do not ask staff in the evening or on weekends. Joe Sprokk, 30 the Oaks, and Norm McKinney 3 the Pines, have keys to the tool shed and they will lend you tools or garden implements.

Also on a Spring note: The lawns are very susceptible to damage at this time of year so please ask your children not to play in the courtyards until the ground is dry, probably early May. This was a particularly bad winter with so little snow, the frost is very deep: the surface thaws early and the grass roots can be damaged easily.

GARBAGE!

I've lived at Bain for several years, since before the Co-op. One of the things co-operation is supposed to do is make this a better place to live. But ever since I've been here, there's been garbage and dogshit everywhere. If anything, it's been getting worse.

We don't live in a slum, why does it look like one?

There's 260 apartments here. If everyone puts out the garbage on the wrong day just once a year, that means that there will be dog feasts almost every day of the year.

Put out your garbage, properly wrapped, Monday and Friday mornings (the garbage trucks come rolling down Bain around noon - don't wait till you hear them, or, until they've just left). Heavy stuff - like old mattresses and furniture - goes out Tuesday night for the Wednesday pick up (newspapers, securely tied, will also be picked up).

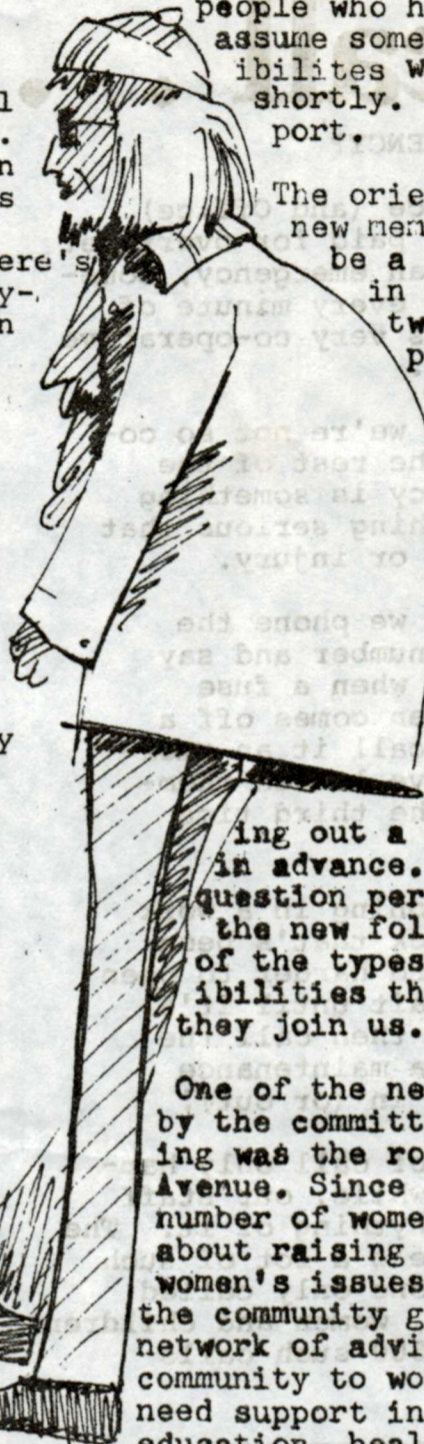
I know that I'm not the only one who objects to the place being made to look like the headquarters of the Black Plague Fan Club. I urge everyone who agrees to try what I sometimes do: If you see someone trashing the place, speak up, SAY SOMETHING. Once in a while in re-bagging a ripped-up mess, I've found a bill or an envelope with an address on it. I tie the label on the evidence and deliver it to the door of the culprit. If enough of us did that often enough.....

Hugh Tapping
12 the Oaks.

Member Involvement:

Your Membership Involvement committee continues to meet monthly and discuss a wide variety of issues related to getting you involved in your community. It is in the process of evaluating the results of the canvas that has been conducted in recent months,

looking at problems raised and ways people have agreed to become active in the Co-op. Those people who have volunteered to assume some duties or responsibilities will be contacted shortly. We welcome your support.



The orientation evenings for new members are proving to be a great success. Held in the Office, the last two have attracted many potential neighbours.

At these meetings, people who want to join us are shown the slides, provided with written material and are invited to question us about who we are and what we do. They are given application forms at the end of the evening to complete at home and return to us. In the future, we will be mailing out a brochure on co-op housing in advance. This will make the question period more valuable to the new folks and make them aware of the types of jobs and responsibilities they can undertake if they join us.

One of the new topics to be tackled by the committee at the last meeting was the role of women at Bain Avenue. Since there are a large number of women members, we talked about raising consciousness about women's issues in the Co-op and in the community generally; creating a network of advisors from within our community to work with women who need support in areas like daycare, education, health, etc.; compiling a directory of services and resources for women and encouraging Bain women to become actively involved in women's issues that affect them.

In terms of participation, it was agreed by the committee that one of the major areas for development is the area of leadership; people with organizational abilities have to be encouraged to become more active in the Co-op and the leadership skills of those members who are active must be developed.

The next meeting of the committee will be held on:

May 5th,
at
8:00 p.m.

REFUGEE REPORT

When Sarah Swartz, one of the 12 sponsors, waited at the airport for her 'boat family', she was crowded with many others behind a glass partition as the new arrivals passed through immigration. She saw anxious faces on the other side and knew that they wondered: 'Who is here for us? What will it be like?' After all the years of hardship for these new immigrants and months of preparation for the sponsors, these last moments seemed unbearably long.

Sarah was anxious too. The nameless faceless family had been unreal while they were organizing, collecting money, clothes and furniture, readying the apartment in response to a distant plight. 'Would they like each other?' she wondered. "Would there be problems?"

Finally the bags came down the conveyor belt. Finally they were picked up. Finally immigration officials finished poking through the meager belongings. Finally they were bundled up again and the automatic door hissed open. The family had arrived.

Friendlier faces you couldn't meet anywhere--smiling Hung and Mai and Lung. These are our new neighbours: Hung Phung, 30, watchmaker by trade; his wife, Mai, 28, a seamstress; and Lung, 6, student.

Hung had much to tell (with the help of a translator) at a potluck supper where the sponsors met their charges. Hung and Mai brought Chinese treats and, in exchange, got to try French Fish soup, Italian risotto, North American spare-ribs and Mexican chicken. (Your reporter also attended, pigged out totally, but requests that this should be kept confidential.)

Hung is from a middle-class, urban Chinese family--originally from Hanoi. His father, an interior decorator-painter, owned together with the extended family some small stores and properties. They survived the war, the hunger, the uncertainties and the French and the Americans, only to be done in by their own regime. All they owned was taken away--worst of all, they, as well as all other Chinese ethnics, were dispossessed of their civil rights.

Hung learned to fix cars in order to survive. He and his small family made their way to Saigon, existing marginally and insecurely until they were able to purchase a boat collectively with other Chinese. They had to risk the sea to escape a homeland that would not shelter them and a people that had turned against them. Their destination or a welcome anywhere uncertain.

Next stop, Hong Kong. A refuge camp. They would not stay long. No support. No schooling for children, no civil rights. No work unless you have connections. Most of their family vanished, killed. Message boards that begged: 'Who has seen my father, mother, brother, child...' Communications with new arrivals: 'Have you seen my family? Does anyone know of my people? They were last seen in...' Refugee talk. Yet Hung was luckier than most. His parents survived. He had a sister in Hong Kong. He got a job as a watchmaker. Read books in spare time and found one that told of a country called Canada-- a vast place full of forests, few people and great natural wealth. Hung decided that Canada would probably need hard workers and he chose us. (He was first among his friends to do so.) The rest is history.

RECENT EVENTS

The family goes up the hill to Withrow School to enroll Lung who finally has access to education. They are surprised to find the office decked in cherry blossoms and Chinese Calligraphy. Memories of home. There are 200 Cantonese children enrolled, so Lung can make new friends right away. Hung and Mai also go to school learning English.

They visit Welcome House with a sponsor. Hung disappears and is found embracing a man with great emotion. His best friend for many years-- a man he calls his brother such is the extent of his feeling for him. Neither one had known that they had made it to Canada together. Joyfully they take him home for tea.

They go to China-town for Dimsum. Go to stores and find pleasure in dried fruits and food that are 'just like in Vietnam.' They are pleased with their new apartment in the Co-op and hope to welcome Hung's parents soon.

During spring-break, Hung is working repairing clocks and doing some construction work--playing ping-pong with new Canadian friends. Happens he's an expert. But after spring-break, it's back to school for three intensive months of English.

Mai goes shopping down at Gerrard and Broadview and Lung to school. They are finding the rhythms of their new life now that they are safe at last and have the prospect of some security and a decent life for their child---no, make that children--Mai is expecting. Hung walks around with a fat dictionary these days. He translates laboriously: 'New baby, CANADIAN' and he smiles broadly.

(submitted by Dagmar Baur)

GETTING TO KNOW N. A. C.



The National Action Committee on the Status of Women, usually known as NAC, is an 8-year-old national umbrella organization comprising 142 women's groups, that lobbies for federal action to improve the status of women. NAC's forerunner was an informal coalition that demanded (and got) the Royal Commission headed by Florence Bird. In 1972, three years after the Bird Report was released, eighteen women's groups met in Ottawa to express outrage that so few of the report's recommendations had been implemented. Those 18 included, among others, the Independent Order of Daughters of the Empire (the IODE) and the Communist Party. Due perhaps to the sheer fun of bringing feminists together, but more likely to continued government foot-dragging, the NAC meeting has become an annual event in Ottawa.

This March, NAC's biggest crowd ever (400+) held an unaccountably smooth session. Rosemary Brown, the BC MLA who ran a close second to Ed Broadbent in the NDP leadership race, delivered the keynote address on Friday night. She warned that with tough economic times ahead, there will be all kinds of subtle and not-so-subtle pressures on women to leave the workforce and return to work in their homes. As the 70's were the "Me Decade", she said, the 80's have been called the "We Decade"--useful if it leads to increased co-operativeness but disastrous if it means an attempted return to the 50's idealized family.

In fact, the theme of this year's conference was The Family, which was a

fresh way of arranging the same concerns that have been expressed repeatedly over the years. Thus, rather than being dealt with as a problem for women in the workforce, maternity leave was discussed in the workshop titled, "Economic penalties of parenting". Other workshops included, "Creative marital breakdown", "Perspectives on domestic labour", and "Reconceptions of Reproduction".

Saturday evening was the rubber chicken banquet, followed by an address from OISE's Mary O'Brien on the topic "The Personal is Political", and by a performance of the Nellie McClung Theatre group of Winnipeg. Included in the performance was a version of McClung's famous Mock Parliament, where women debated whether men should be permitted to vote; and the encore was a wild rendition of the Stringband song commemorating the high school girl who, when girls were exhorted to participate in the school beauty contest, whipped out a tape measure and tried to unzip her principal's pants in order to take his vital measurement.

Sunday's business meeting droned on much as usual, with the major contentious issues being 1) whether rising food prices are a feminist issue, and 2) whether to send a telegram congratulating Jeanne Sauve on her appointment as Speaker of the House. Since Sauve has disavowed feminism, no telegram was sent.

With the House of Commons adjourned until April 14, NAC's regular lobby of party caucuses was deferred in favour of meetings with bureaucrats, the Human Rights Commission, Stanley Knowles, and with Lloyd Axworthy, the new minister responsible for the status of women and the first minister ever to ask for that portfolio. The subsequent press conference netted considerable coverage, and this reporter was amused to hear media men asking each other, "Do you suppose these gals will ever win decent daycare for us?" Although progress seems awfully slow, at least some progress has been made.

NAC publishes an informative quarterly magazine, Status of Women News, available by subscription for \$5.00 a year (4 issues). Full voting membership is open only to groups, but individuals may become Friends of NAC and receive all NAC mailings (including Status magazine) for \$20.00 a year.

Contact: NAC
40 St. Clair Ave. East
306
Toronto, Ontario

(submitted by
Penney Krome.)





BAIN IS IMPRESSIONS

BAIN IS walking along a Bain walkway under a Bain lamplight and meeting a stranger's grinning hello: "Hi, partner -- wanna come in for a rye?" Thanks a lot, but gotta get to the laundromat.

BAIN IS walking from the parking lot and catching some passing conversation of two kids about half your size: "What would you feel like if your mom or dad left? Which one would you wanna leave -- your mom or your dad? Well, his mom left and you wouldn't talk so good either if your mom left, would ya? Well, like his mom left so he doesn't talk so good."

BAIN IS the beauty of hearing the imagination of kids' creative calling from the courtyard: "I'll play the good guy...now you save his life 'cause he's got a broken arm."

BAIN IS walking the dog around Withrow Park when you don't even have a dog.

BAIN IS general meetings and learning you've moved into something so good that the Mafia wants a piece of the action.

BAIN IS proposing your first motion at a general meeting and learning the participatory, democratic right to vote alone.

BAIN IS not worrying about what the neighbours will think about your having all secondhand furniture and no curtains on the window.

BAIN IS wondering about defensive paranoia here, about people getting hung up about elitism because only a minority participate in community concerns.

BAIN IS learning to drive slow because you son't want to kill a kid or a cat.

BAIN IS taking time to talk.

BAIN IS a sign saying you can smoke in the laundry room and someone saying please don't smoke because it bothers me and you co-operatively step outside the door to finish your cigarette.

BAIN IS thinking of a writing co-operative or a cultural co-operative. Co-operative life can be more than a roof overhead, food on the table and kid care.

BAIN IS beautiful.

BAIN IS the future.

Agolding.

Thanks, Andre. Maybe there are other new members (or old timers) who would like to follow your lead. We welcome poetry, prose or graphics expressing what BAIN IS to you. -Eds.

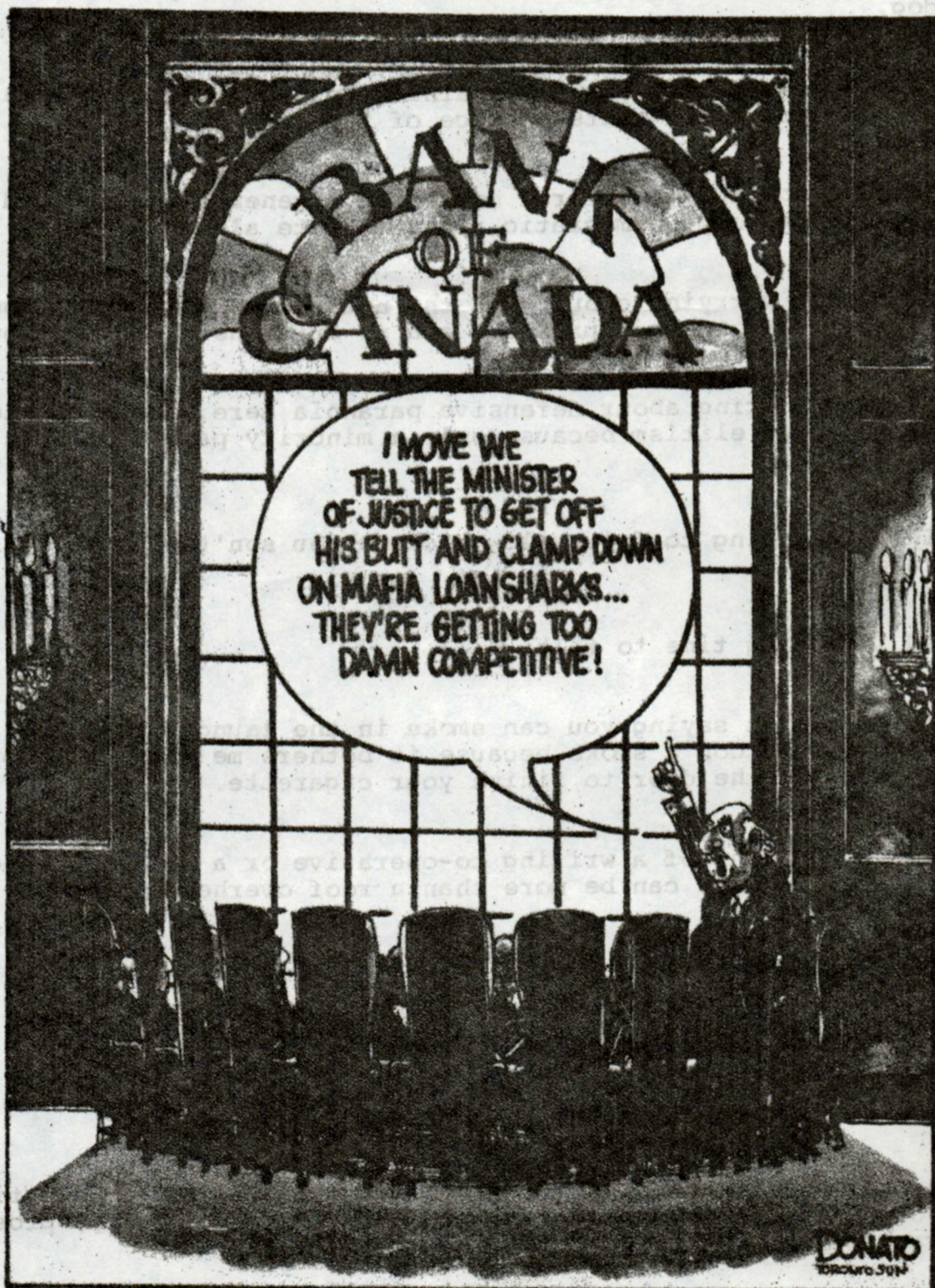
CIMPELLO REPORT: VICTORY FOR CO-OP MOVEMENT

We hope that this will be the last in a series of reports on the Cimpello Foundation and its attempts to gain access to Federal mortgage subsidies for non-profit housing development.

At its Annual Meeting, a concerted lobby of local housing co-ops groups and supportive credit union locals forced the Board of Directors of the Credit Union Central of Ontario (CUCO) to submit to our demands that it sever all ties with the Cimpello Foundation, a phony non-profit front organization of the DelZotto (real estate) clan, or face an embarrassing floor fight between the co-op sector and the Central.

We would like to thank our co-op and credit union allies, who dedicated their efforts to this worthwhile cause - making the world safe for co-op housing - with special thanks to John Sewell and Ottawa mayor, Marion Dewar, whose letters of support helped keep up the pressure.

We would also like to congratulate the Grange Area Co-op on its new lease on life as a result of Cimpello withdrawing its bid on the Grange site, and wish them smoother sailing from here on in.

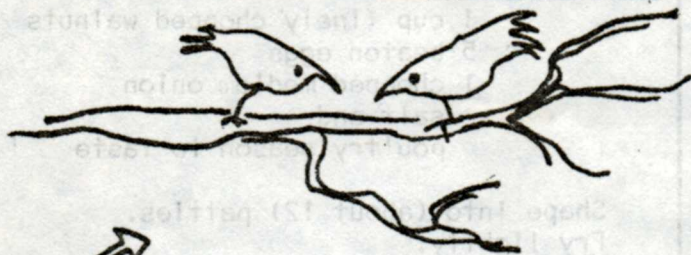


TAKE A

(MORE OR LESS) HELPFUL HINT

For the Energy Efficient:

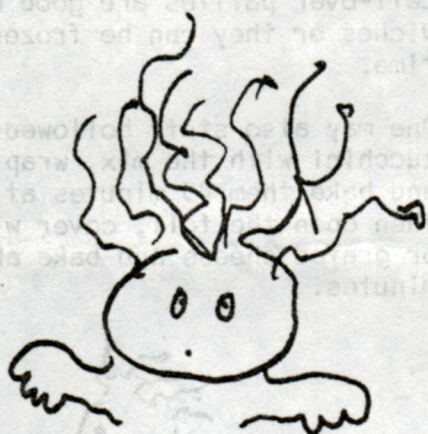
Brandy snifters float in the bath-tub. This makes for a civilized, if not sophisticated way for two good friends to warm their brandy.



(WILD BIRDS GIVING THANKS)

For the Birds:

When cross-country skiing or hiking, carry bags of suet and hang in the trees where possible. The wild birds will thank you.



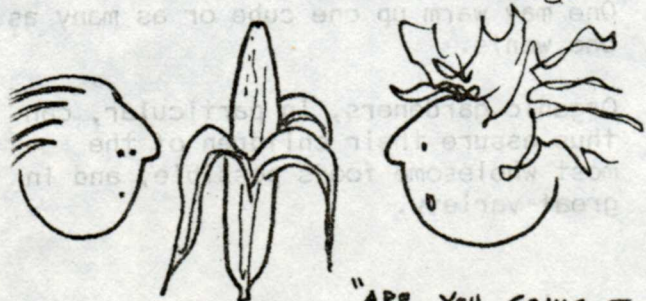
For the Frizzies:

In winter I am sometimes annoyed with static electricity in my hair. I found that running a fabric softener sheet over my hair took care of the problem. (And is safer than jumping into the dryer! -Eds.)

For the Well Heeled Purist:

To clean brown shoes or leather snow boots, wipe surface off and polish with the inside of a banana skin, then dry off and polish.

-Excerpts from the Star's "Reader Exchange"



"ARE YOU GOING TO EAT IT, SMOKE IT, SLIP ON IT, OR WHAT?"

There's a better way

An OPEC Of Your Own

If you're co-op crazy, here's the latest: how about a fuel-buying association?—a kind of consumers' cartel.

Co-op magazine reports that members of a Canadian group have been buying their heating oil through a collective broker.

The 600-odd members of the Ottawa Consumers Fuel Cooperative, which is apparently the first of its kind, received \$40,000 in rebates on their fuel costs last winter—an average of about \$65 per member.

The two-year-old group has reportedly become a powerful force in the Ottawa fuel market.

Members pay a \$3 fee and provide volunteer help with the paperwork, which they say is minimal. The co-op selects the fuel company that offers it

the best deal. Then, members make the same deal with that fuel company that they would otherwise—all billing arrangements and whatnot are between the individual household and the fuel company. In return for the volume business its referrals generate, the co-op periodically receives a discount, in the form of a rebate. That money is then distributed to the members in mid-summer.

Unlike similar systems used by property managers and other restricted-membership associations, the Ottawa fuel co-op is open to everyone who lives in the area.

Now, inspired by the Canadian model, grassroots groups in Washington, D.C., have set up a pilot project here in the U.S.—the D.C. Fuel Co-op. According to Co-op spokesperson Norm Davis, the start-up cost for the Washington group totaled about \$300.

Reprinted from Mother Jones, Feb./March '80.

NUTRITION AT A GLANCE

Two new food guides are available to the public: one will help you guard your foods, the other will help you guard your health.

The one, from Agriculture Canada, is a yellow chart, Food Storage in the Home, listing safe shelf or storage life for many "family foods". The chart highlights safety limits for shelf, fridge and freezer storage, and it's free from Agriculture Canada, Info Services, Ottawa, K1A 0C7.

The second one, published by the Rodale Press, is designed as a bull's eye: in the centre are the more wholesome foods, and moving out toward the periphery or rim, are the less healthful, more oily, sweet or fattening foods.

This second colorful, useful and educational food guide is available for handling and postage fees. Send 50¢ to Ray Lauer, Rodale Press, Organic Park, Emmaus, PA. 18049.

RECIPES

HOME MADE VANILLA FLAVOURING

Commercial vanilla extract is expensive and too often contains undesirable synthetic additives.

Cut a vanilla bean into small pieces and put them in a Pyrex bowl. Cover with boiling water. Cover. Steep overnight. Grind Mixture in a blender. Strain. Return juice to the blender. Add: 2.4 ml ($\frac{1}{2}$ tsp) liquid lecithin
14. ml (1 tbs) honey and
14. ml (1 tbs) vegetable oil.

Blend.

Bottle.

Store in 'frigo.

Shake well before using.

Measure out the same amount as given for the commercial extract.

You can buy vanilla beans at (among other places) :

Dinah's Cupboard
50 Cumberland Avenue
one block north of Yonge and Bloor
or Avenue Road and Bloor.



EASY CLAM CHOWDER

Chop finely....1 large onion.
Saute onion in bacon fat or rendered pork fat for about five minutes.

Sift over the pan $\frac{1}{2}$ T. flour and stir until blended.

Stir in the liquid from a 14 oz can of clams slowly until blended.

Add 1 cup of diced raw potato or 1 can small potatoes.

Cover pan.

Simmer 'til potatoes are done but still firm. (About 20 minutes for raw potatoes; canned potatoes are already cooked.)

Add clams and

1 T. butter and

$\frac{1}{2}$ -2 cups of hot milk.

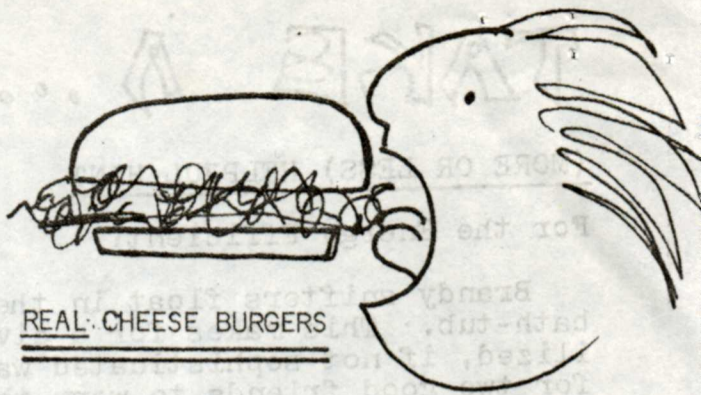
Do NOT boil the milk; do NOT let the chowder boil.

Simmer 5-10 minutes. Remove from heat. Let cool.

Store (in porcelain or glass) overnight in refrigerator to ripen.

Re-heat just before serving.

Season with plenty of freshly-ground pepper.



REAL CHEESE BURGERS

Blend: 2 cups cottage cheese
1 cup whole wheat bread crumbs
1 cup finely chopped walnuts
5 beaten eggs
1 chopped medium onion
salt and
poultry season to taste

Shape into (about 12) patties.

Fry lightly.

Transfer to a casserole.

Cover with cream of mushroom soup from the can. Bake about 10 minutes at 230 -235 degrees C (450 degrees F) until it bubbles.

Vegetarians can serve this to meat-eaters come to dine; it's rich protein and hearty tasting to children and all.

Left-over patties are good cold in sandwiches or they can be frozen for another time.

One may also stuff hollowed-out split zucchini with the mix, wrap them in foil, and bake them 45 minutes at 175 degrees C; then open the foil, cover with the soup or grated cheese and bake about ten more minutes.



"ONE LUMP OR TWO?"

FAST BABY FOOD

Take one item of cooked vegetable, fruit or meat. Puree it in the blender. Immediately spoon the puree into a plastic ice-cube tray. Put the tray into the freezer. When frozen, empty the entire trayful of cubes into a foodstorage bag already labelled. Exhaust or expel the air, seal and keep in the freezer.

One may warm up one cube or as many as one wants.

Organic gardeners, in particular, can thus assure their children of the most wholesome foods possible, and in great variety.

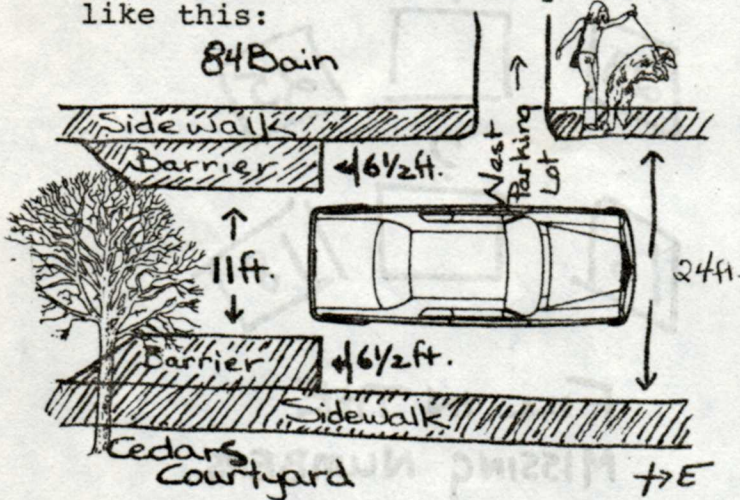
The recipes were submitted by Norm McKinney

UPDATE

TRAFFIC BARRIERS ON BAIN AVE.



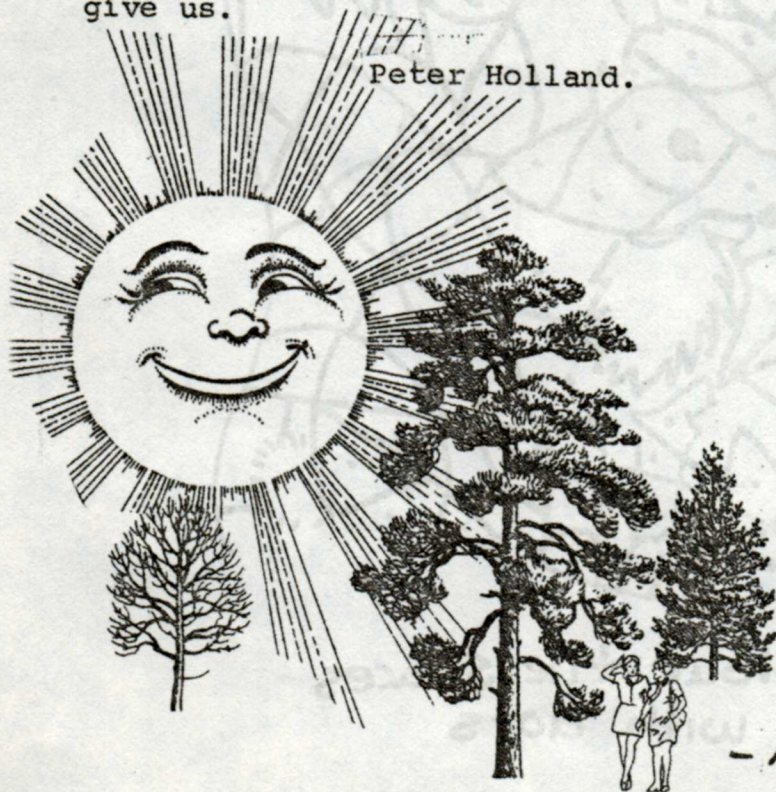
Well, it looks like we have won the battle to get some curbstones in the street that will slow down traffic coming down the hill from Ingham Avenue. The design agreed upon by Bain and the City looks like this:



and will be right at the bottom of the hill in front of #84 Bain.

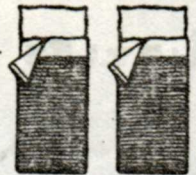
Thanks to all who helped organize the petitions, especially Gillian Swindell, and thanks to our friends at City Hall, especially Janet Howard and Gord Cressy. There is one small hurdle in the process: because 2 street parking spaces will be lost, the City must notify everyone on the street that these spaces will be lost. A questionnaire should be mailed to each address on Bain from Broadview to Logan, so we must be sure to return the forms to City Hall indicating that a reduction in 2 parking spaces is a small price to pay for the safety that the barriers will give us.

Peter Holland.



UPDATE

HOUSING CHARGES:



On the first of every month our mortgage payment becomes due. We would like to pay our mortgage with the money collected from our housing charges. This means that we must the cheques fro the housing charges in the bank promptly on the first of each month.

Unfortunately, this is still not happening - one third to one half of our members are late with their housing charges, on average, each month. This means that we have to take money from our savings resulting in a loss of interest (1% on \$50,000 = \$500.00 per month) and possibly other charges.

To avoid this situation some members have a series of post-dated cheques in the Office, and hence are never late with their rent because they forgot.

Staff does not like sending friendly reminders any more than you like to receive them, and we could certainly put our time to more productive use.

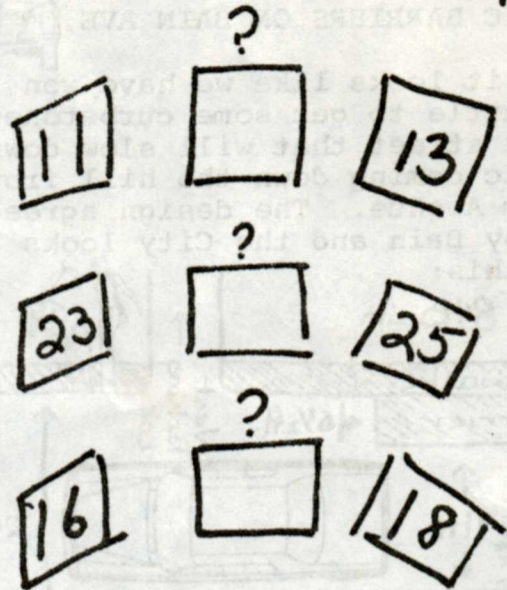
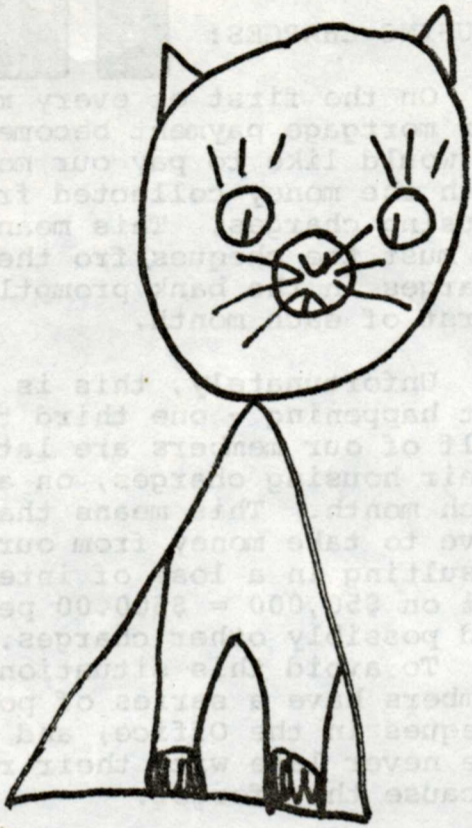


ON GIVING NOTICE:

Some people never learn.

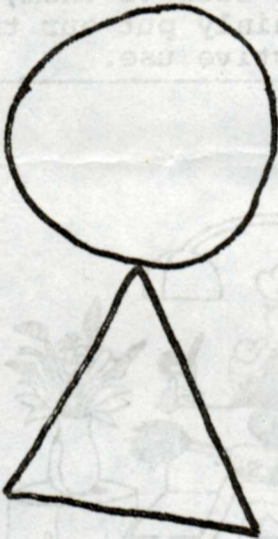
To follow up on the bit of controversy in our last issue, we thought that you may be interested to learn that again this month 2 people tried to give insufficient notice. The Office will not accept less than two full months notice of moving.

Puzzles AND Games By Simon Wohl and Christian MORAN



FILL IN THE MISSING NUMBERS.

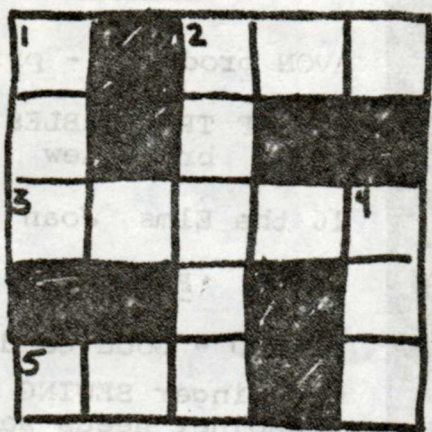
In the circle and triangle above the artist has drawn a cat.



See if you can draw a dog in the one below.

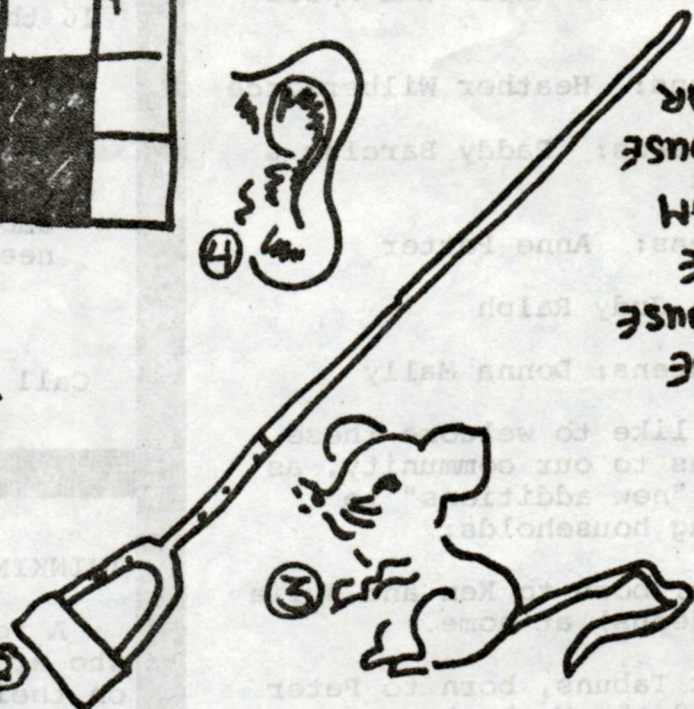


Colour the spaces with dots



② DOWN

ACROSS ②



Answers:
 Across ② HOT
 ③ MOUSE
 ⑥ TIE
 ① JAM
 ⑦ HOUSE
 ④ EAR

RIDDLES:

Why is an elephant gray, large, and wrinkled?

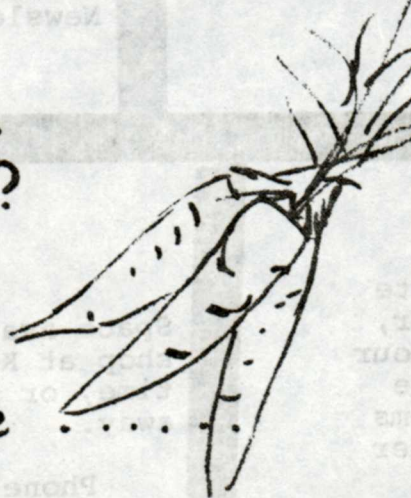
..... Because if it were small, white and round it would be an aspirin.

Why did the elephant sit on the marshmallow?

.... So he wouldn't fall into the hot chocolate.

Knock Knock
 Who's there?

Ether
 Ether who
 Ether bunny



What is the best way to catch a rabbit?

Climb a tree and make a noise like a CARROT.....

BAIN WELCOMES:

New members for March and April are:

67 the Lindens: Heather Wilberforce

22 the Aberdeens: Paddy Barclay & Leo Ilgacs

64 the Lindens: Anne Potter

62 the Oaks: Judy Ralph

10 the Aberdeens: Donna Mally

We would like to welcome these new additions to our community, as well as the "new additions" to the following households:

Kaspar Puley, born to Ken and Julia (3 the Aberdeens) at home.

Anton Robert Tabuns, born to Peter and Margie (9 the Maples).

Congratulations and best wishes to babies and parents!

FENCING BEE

Big Fence Raising Party on Saturday, April 19, 1980 (and likely Sunday as well) in the SOUTH OAKS.

We are renting a motorized post hole digger and a motorized cement mixer. Volunteer labour will save us over \$2,000 this year alone.

Come out and join your neighbours and in the meantime cross your fingers for good weather.

PLUMBING

Dripping water taps waste tremendous amounts of water, and when it's hot water, your neighbours miss it. Please report any plumbing problems in your unit on a Work Order immediately.

FOR SALE

AVON products - prices reduced

SET OF TRAY TABLES - \$30.00 cash brand new

16 the Elms Joan 463-2973

FOR SALE

STEREO - Good Condition, \$25.00

Old Singer SEWING MACHINE - cabinet needs sanding, also needs new extension cord.

\$20.00

Call Ivy, 29 Oaks, 461-2952

THINKING OF RENOVATING?

A reminder to all co-ops who are considering renovations on their units. Your plans must be presented to and approved by the Maintenance Committee. The most usual renovations done by members include glassing-in a porch, removing all or part of a wall, sanding hardwood floors, etc. Approval is usually granted if the Committee is satisfied that the is to be done properly and the member understands that any improvements must be paid for by the member with the improvement to belong to the co-op if the member moves out or re-locates.

The Maintenance Committee meets every 2nd Thursday in the Office at 7:30 p.m. Call Peter Holland in the Office, or see Newsletter calendar on back page.

OPENING

Space available in Co-op woodworking shop at King & Bathurst. Mostly part time, or full time when a member is away.

Phone 861-1747

Withrow Parents ~

What's a good thing to do when your kids run into a problem at Withrow School?

For all we know, each of us may be dealing with the same problem on our own. And it's always a little uncomfortable to make waves. Maybe we could help each other out about solutions to approaching the school.

The Toronto Board has asked all school principals to find out what the parents would like to see in their school.

For example, you might be concerned about how well your child is reading, and how s/he is being taught to read. Or, you might wonder if your kids are not expected by the school to do as well because you're a single parent.

On Monday night, at 8:00 PM in the Bain office, some of us who have children at Withrow are getting together to talk among ourselves about our concerns, and perhaps get an idea about where we go from there.

Baby sitting vouchers will be available.

RESIDENTS COUNCIL ELECTIONS

CANDIDATES WANTED

Residents' Council elections will be coming up at the Annual Meeting/May General Meeting.

If you are interested in running for our Board of Directors, or have someone in mind that you'd like to nominate, please contact Peter Tabuns in the Co-op Office.

SATURDAY NIGHT FEVER?

Ever wish you had a small companionable group of people to go dancing with regularly? Rock/Disco/Reggae? Know anyone who likes to dance as much as you do?

Non-dancer? Maybe you know of some good pubs or jazz clubs?

Some of us at Bain are looking for a few reasonable places with good music/atmosphere to go to on a more or less regular basis.

Want to join us or help us compile a list? Call Andre, 469-0267.

COURTYARD SALE.....

DON'T THROW THOSE GOODIES AWAY!

We're planning to hold a Co-op Yard Sale sometime in May, so start rounding up useable stuff you no longer need for a good cause. More info next issue of Bain News.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14 A withdraw P parents R meeting L (Coop office)	15 residents' council	16	17 energy planning	18	19 south oaks fencing bee	20
21	22 residents' Council	23	24 maintenance	25	26	27
29	29 residents' Council	30 deadline for May newsletter	M 1 news- letter planning meeting energy & planning	2	3	4
5 member involvement	6 residents' Council	7	8 maintenance	9	10	11 mothers' day
12	13 ANNUAL GENERAL MEETING!	14	15 ENERGY PLANNING	16 newsletter production	17	18

COMMITTEE CONTACTS

residents' council: Doug MacDona
461-4161

food co-op: Clarke Mackey
465-6783

newsletter: office
466-2186

member involvement: Vivien Green
465-9183

membership: Nora Peat
461-6427

grievance: Cathy Beecraft
465-9891

finance: Helen Sprakk
469-0782

maintenance: David Clark
463-4884

social committee: Virginia Sanga
465-9857

Bain office: 466-2186