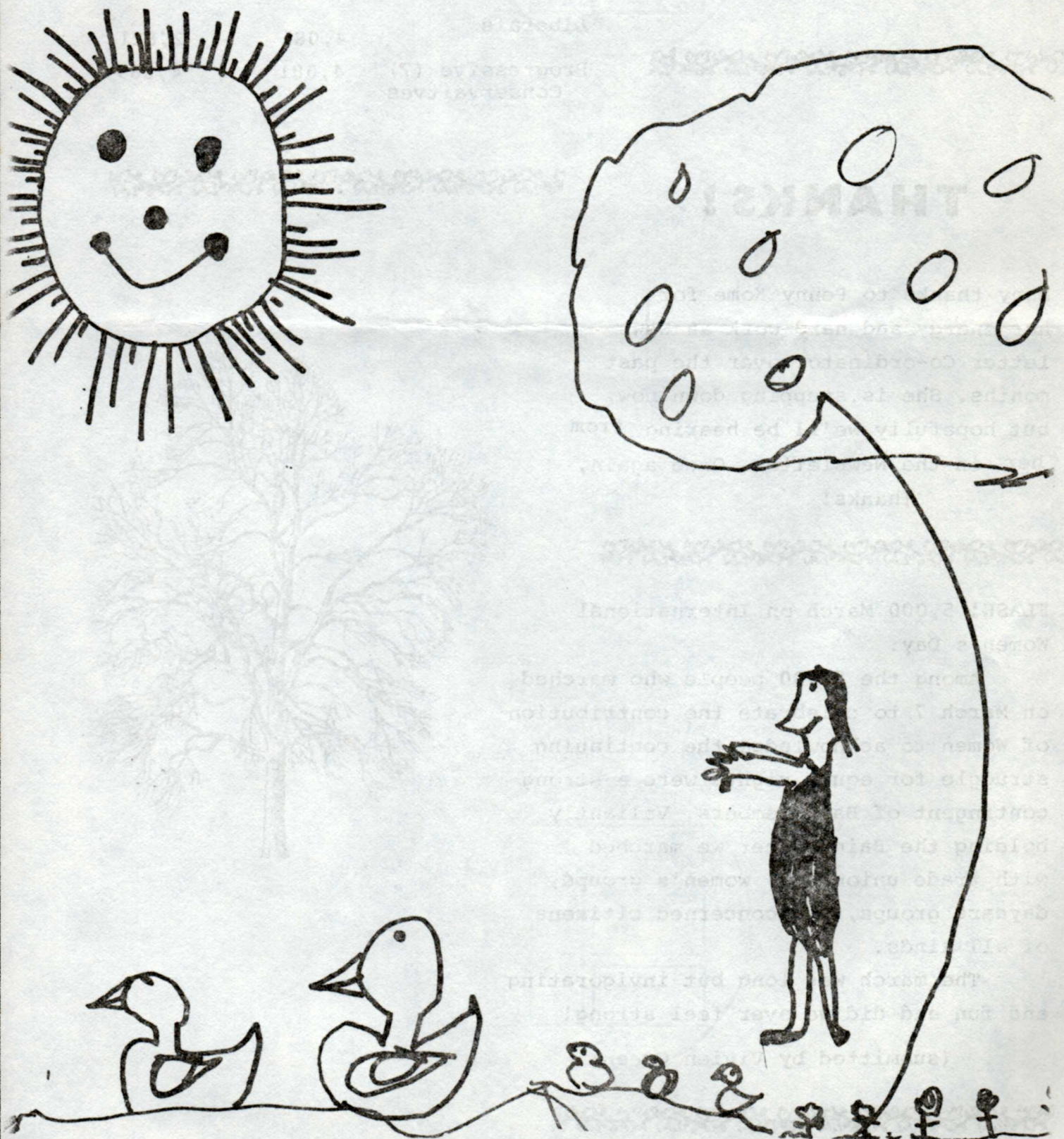


# BAIN CO-OP NEWSLETTER

(late) MARCH 1981



er Drawing by: Tova Shulman-Epp, & The Cedars

The Bain Co-op Newsletter is produced by the Newsletter Committee. We welcome all submissions - letters, recipes, articles, items for sale! Please drop your submissions at the Co-op office (marked "Newsletter") or at 17 the Maples. And please, remember that all submissions must be signed.

#### ELECTION EXTRA!

The recent Provincial election saw Riverdale's own Jim Renwick returned to his seat in the Provincial legislature.

Below is a breakdown of ballots cast for the three major political parties, with a comparison showing the ballots cast in the last Provincial election

	1981	1977
New Democrats	6,776	9,639
Liberals	4,081	2,821
Progressive (?) Conservaitves	4,081	4,289

## THANKS!

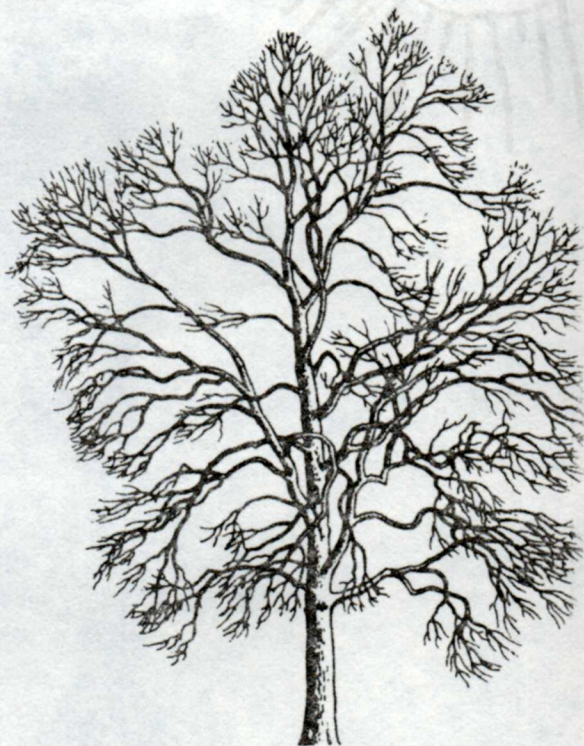
Many thanks to Penny Kome for her energy and hard work as Newsletter Co-ordinator over the past months. She is stepping down now, but hopefully we'll be hearing from her in the Newsletter. Once again, Thanks!

FLASH! 5,000 March on International Women's Day:

Among the 5,000 people who marched on March 7 to celebrate the contribution of Women to acknowledge the continuing struggle for equal rights were a strong contingent of Bain Members. Valiantly holding the Bain banner we marched with trade unionists, women's group, daycare groups, and concerned citizens of all kinds.

The march was long but invigorating and fun and did we ever feel strong!

(submitted by Vivien Green)



\*\*\*\*\*  
February 14th.

A Red-Letter day for Canadian Women  
and a Washout for the Tories

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In spite of the best efforts of Lloyd Axworthy and the Liberal Cabinet, 1300 women made it to Ottawa February 14th and made their views known on a proposed Charter of Rights.

The women at this conference weren't there to socialize; they were there to loudly and vociferously voice their ideas and concerns, and early on, a change in the agenda was agreed to, which permitted the making of resolutions from small ad hoc committees on the floor. In went the resolutions, and the real debate got started.

The nature of the resolutions passed included: amendments permitting protection of the freedom over sexual reproduction, freedom of political opinion, freedom from discrimination on the basis of sexual orientation and marital status, changing "individual" to "person", and so on. If anything, the conference confirmed that women can cross party political lines easily, and are ready and willing to do so on matters affecting them as women.

In a bid to prove what good guys the Tories were, as opposed to the Liberal hacks, or perhaps out of genuine friendliness (even we cynics have to concede sometimes), Maureen McTeer had agreed to hold a cocktail reception from 6 to 8 p.m. at Stornaway. Invitations for this social event flowed like water if a) you were from out of the province; or b) you were a good Ontario Tory, and in order to ease the smooth passage of this good cheer, buses were arranged to pick all the lucky women up at the West Block and bus them to Stornaway. (Chivalry is not dead!) Maureen McTeer made her quiet entrance as the afternoon wore on, and fought the battle out. But as socializing got pushed farther and farther from women's minds, and as political lines got erased, and more importantly, the approaching cocktail hour crept nearer and the CBC cameramen approached the deadline for the 6:00 news, it seemed time to seize the moment. At 5:20 p.m., having ensured full camera focus by circling the entire room to the microphone farthest from her seat, Ms McTeer grabbed the microphone, and started into her Tory pitch.

Suffice it to say, the jaws dropped. Her pitch was totally out of context with the topic at hand; her manner was imperious--and the cameras were rolling. Finally, out of the fog, someone started shouting "Out of Order!" (I like to think it was me), and a roar arose from the room. She fought on, ultimately denouncing the conference for "missing the issues" and fled to the corridor outside, to eagerly discuss these rude women with the press. Inside the conference room, the official statements of disapproval of "the last speaker" were quickly hitting the record, but what cared the CBC? They were rushing off to show the nation at 6:00 p.m. the valiant stand of McTeer against these 1300 "troublesome women."

When the three buses pulled off Capitol hill, only one was half-full of blue rinsed heads, rushing to meet the master of the hour, the wife of the leader of the Honourable Opposition (Not too tough a job to get, one might think). The rest rushed off to grab a bite so they could get back to work. And the news grinds on.

As Michele Landsberg so aptly pointed out in her column of Friday, March 20th, "Credibility is like Virginity; When it's gone--it's gone." That was for that august liberal club, the newly bandaged Advisory Council on the Status of Women, but those at the conference might think it extended to others, not in elected office.

Birthe Jorgensen,  
2 The Cedars.

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## BAIN BRIEFS

We're all agreed - the one thing that puts the Bain Co-op News in a class by itself is the news it carries about the people who live at Bain. This is a small community - we want to know your business! Help keep the rumour mills properly informed by sending us any news of birth, marriages, deaths, or other events of importance to your family. We'd like Bain Briefs to grow to pyjama length. On your next visit to the laundromat drop your gossip in the office mail slot. All contributions gratefully received.

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Lou Wright (office- assistant) thanks all those who have generously volunteered to deliver the inter-co-op mail, since she has started at the office. This particular job is one that needs doing rain, shine, hail, or snowstorms, not to mention the cold and wind. Thanks again, Folks.

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### NEWS ITEM: HELP NEEDED !

Is there a good samaritan in the co-op with a strong back?

Elaine Dick at 2] the Oaks needs someone to help her get her carpet out of her locker.

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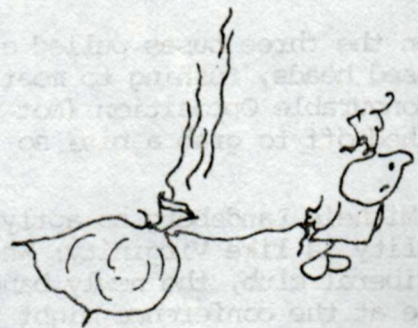
And here are a couple of our perennial favourite Bain Briefs, submitted by the Office....

### Garbage!

Please remember that garbage days are Tuesday and Friday, and Wednesday is pickup day for heavy garbage (furniture etc.) and newspaper for recycling.

### Moving Out?

Then please let the office know! Two months notice is required; this gives the Membership Committee enough time to rent your apartment. Having apartments standing empty because of short notice costs us all money!



"NOW I SHOULD HAVE PUT IT OUT  
LAST TUESDAY."

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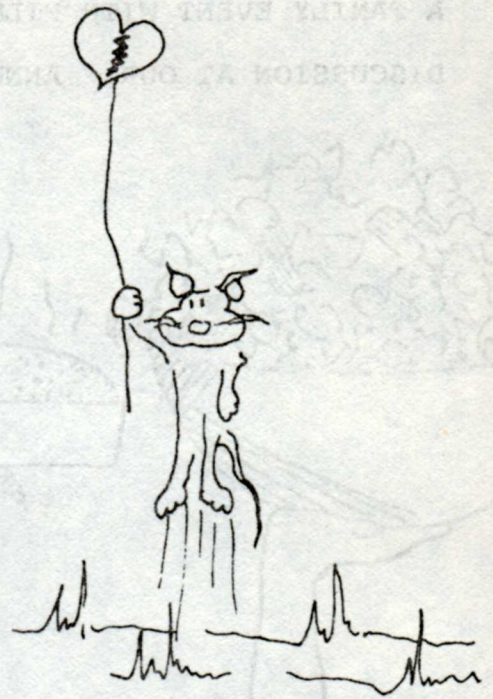
# SOME OF THE NEWS THAT'S FIT TO PRINT.....

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## OBITUARY

Died, Mumi, Imp of Satan, feline, 6 months, departed suddenly after being hit by a taxi. His loss is intensely mourned by Dagmar Baur and Kuku at 36 Lindens. Mumi was un-neutered, amorous and excited and probably did not see the vehicle into which he hurled himself precipitously. A kind ex-neighbour, Ziggy, who used to live at 17 Lindens and is a pet shop owner, took the poor mite to Dr. Kalm at the Blue Cross Animal Clinic on the Danforth to be put to sleep. Contrary to some reports, Mumi was not done in by the dogs, they were merely witnesses to the unfortunate incident. Dagmar is going to adopt a new kit-cat and is looking at some infants at this time.

Requieacet in Pacem!



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Maja Ardal, a six-year veteran of the Co-op, leaves Bain Avenue for an extended engagement at Montreal's Centaur Theatre shortly. The production, Ever Loving, is the brain child of Maja, Pam Brighton, Maggie Thomas (also Bain Co-ops), and Tom Butler. Using the theme of European war brides who married Canadian soldiers, the play explores the problems of assimilation into a new culture and opens April 14.

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### Frida's Weaving Classes

May 23 and 24, Frida Ardal will teach a Weekend of Weaving at the North YWCA (Yonge and Eglinton). Cost is \$25.00, plus \$12.00 for supplies - including frame, loom, and yarn. Devotees will make their own looms with treadles and learn a variety of techniques. The course will run 10:00 a.m. to 4:00 p.m. on both days. Contact the YWCA at 487-7151. Frida has lived at 53 The Oaks for four years.

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### ROOM TO LET

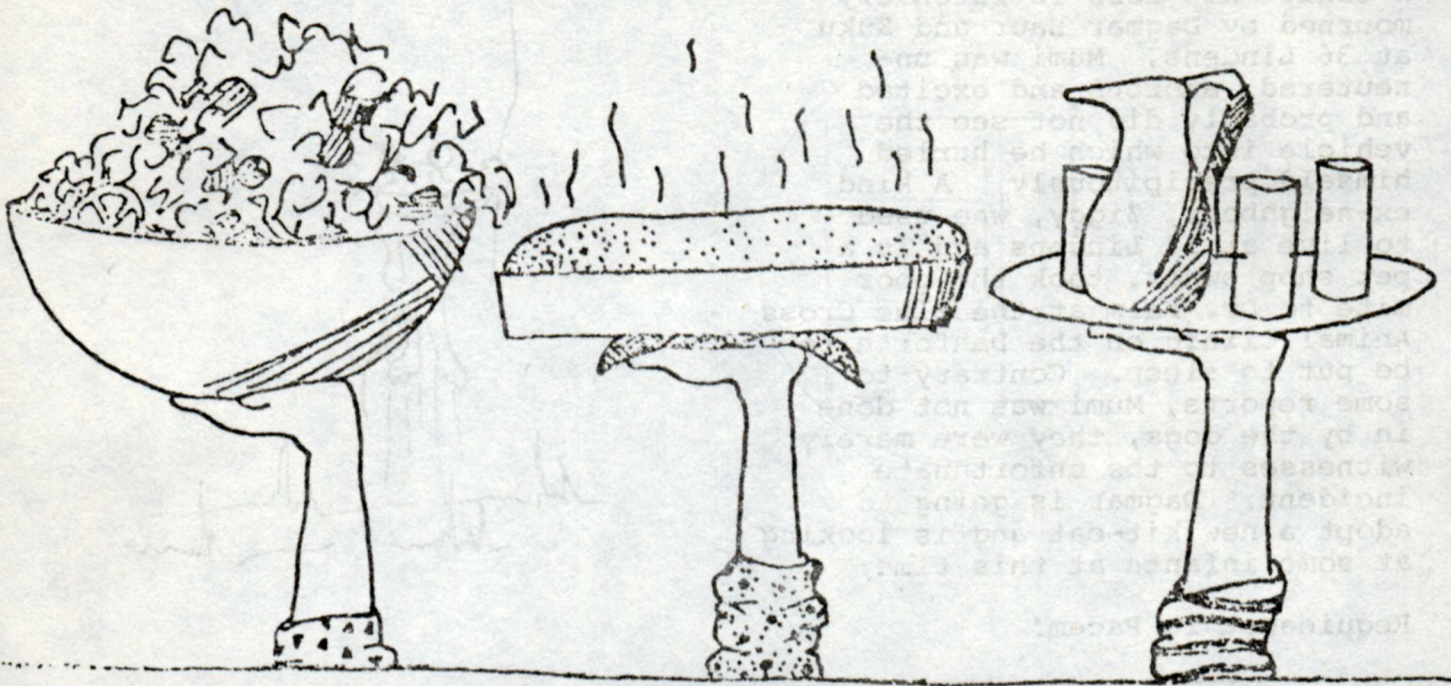
room to let in north lindens  
\$100 per month  
share amenities  
prefer quiet young bain woman  
call Karen at 465-4465



BAIN FOOD CO-OP

PRESENTS

A FAMILY EVENT WITH FILMS, POT LUCK DINNER, MUSIC AND  
DISCUSSION AT OUR ANNUAL GENERAL MEETING.



Sunday, April 12, 1981. St. Barnabas Church. 5-9 p.m.

5-7 p.m. Pot Luck - 7 p.m. Films for kids - meeting for  
adults: election of Board, financial report.



Have you had your car battery stolen lately?  
A number of co-op households lost theirs to thieves  
recently. \$75 for a new battery, damaged cables,  
labour and towing. If you have stopped parking  
on Bain because of limited space, keep in mind  
Sparkhall is a great place for auto vandals in the  
night. Peter Tabuns tells me that theft in the  
co-op seems to run in cycles. There doesn't seem  
to be much we can do about it except be aware of it.  
That means you should report thefts and vandalism  
to the office. In the meantime, keep an eye  
out for those creeps.

Karen Richardson  
18 Lindens

# Garden Calendar

## March

by Walter Masson  
submitted by Norm McKinney



### VEGETABLES:

As soon as you can walk on the soil, clean up debris in the garden.

If you sheet-composted or planted a cover crop last fall, now you must till or spade it in -- a full month before planting.

If it has been more than two years since you had your soil tested, buy a kit and do it yourself, or send a sample to the local soil-testing service. (In Toronto, Guelph University). It may take a month to get a reply, so do it as soon as the garden is free of mud.

Turn the windowsill seedling trays daily to make the stems straight and sturdy. Plants under lights should be within 6" to 8" of the bulbs to make growth stronger and greener.

If seedlings become over-crowded, make up a hat bed (or cover the cold-frame) and hold extra seedlings there 'til late April or early May. Heat with manure or a low-energy electric cable. The plants will benefit from strong light and fresh air.

Make some last-minute indoor sowings of broccoli, cabbage, cauliflower, brussel sprouts and kohlrabi early this month; transplant in April.

Start tomatoes and peppers indoors; when the seedlings have three leaves, transplant to individual peat pots. Set out in late May or early June.

Parsnips wintered over in the ground are sweetest; long exposure to cold turns their starch content to sugar. Dig them up as soon as you can push a spading fork into the ground, and before the tops start new growth. Sow a row at the back of the garden. For long, straight parsnip roots, cultivate deeply and work in plenty of organic matter.

### ORNAMENTALS:

The quality of your June roses depends on the care you give them in early spring.

Prune off broken or winterbilled branches as soon as you can walk on the soil. As the weather warms up, slowly remove the mulches. When the soil is frost-free, level out the hills raised around the plants the previous fall. Fertilize with a mixture of:

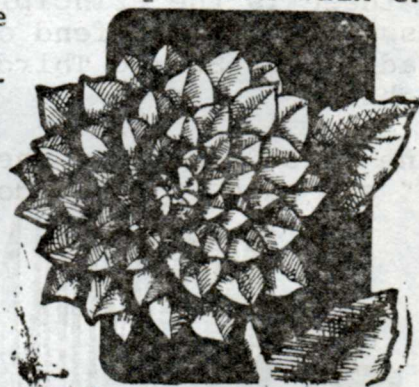
- 2: dried blood
- 1: phosphate rock
- 1: cottonseed meal
- 1: greensand

If the soil tests acid, add 1: weed ashes.

When fall-planted bulbs thrust their leaves through the soil, gradually remove mulches. Sprinkle bone meal around each plant to stimulate good root growth and large colourful blossoms.

Restart house plants; take them out of winter dark storage. Transplant the potbound; divide the overgrown. Pinch back leggy stems; remove dried leaves; give green leaves a wash with tepid water. Provide good window light, and activate new growth with fish emulsion.

Plant new ornamental trees and shrubs as soon as you can walk around the yard without muddying your shoes. Transplant small trees and rhododendrons. (Small trees include dogwoods, magnolias, and birch.) Keep a large ball of earth around the roots to protect the fine root hairs essential for good recovery.



# Affirmative Action Revisited

by Roger Rolfe

Once upon a time, long ago in a far-away land called Dug there dwelt a simple people who lived in harmony with each other, shared their food, belongings, and affections and treated all their citizens equally. In the centre of their land was a small but enchanting temple that contained the hallowed tablets upon which were carved the principles by which everyone lived. First among these was the Principle of Sharing. Everyone must share food, shelter, clothing and all worldly possessions so that no one goes needy. Second was the Principle of Freedom. No one must oppress anyone else. Finally, the Principle of Peace affirmed that no one must commit an act of aggression against anyone.

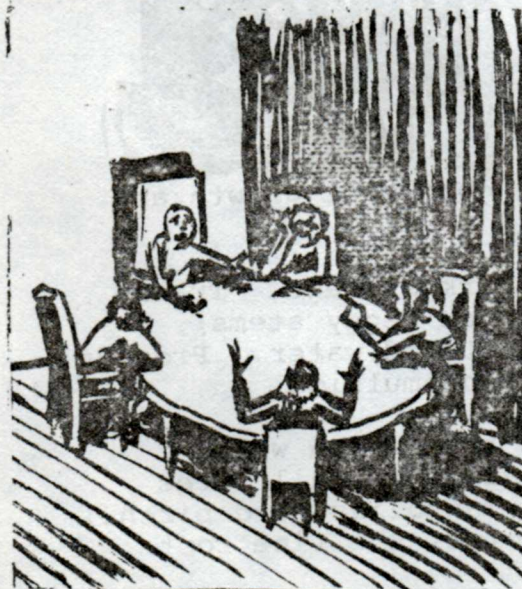
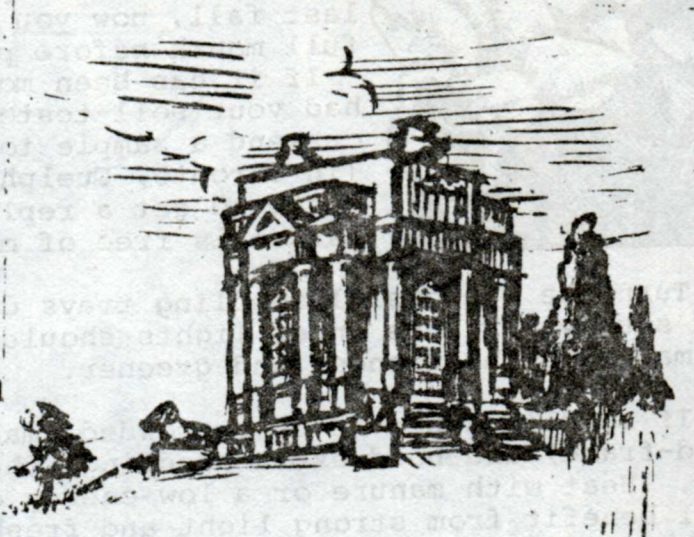
These Principles, sacred as they were, served the people admirably for many centuries. Then one day, messengers brought news that beyond the hills surrounding the land a new and war-like tribe had settled. While physically similar to the citizens of Dug, they were an aggressive, competitive, and acquisitive sort that had many large machines, drove big, shiny four-wheeled vehicles, and mercilessly abused slaves.

Within weeks the aggressive aliens had attacked Dug many times, plundering the towns and carrying off citizens for slavery. The elders of Dug met in emergency session to deal with the terrible situation. Long into the night they talked and talked and talked. Night after the deliberations dragged on. Finally the elders ended their meeting and to an assembly of citizens they declared their decision. "Citizens," said the chief elder, "your elders have met for a long time and have discussed how we should respond to the alien aggressors. We have finally reached agreement. We will do nothing!" A stir rushed through the crowd when they heard this. "Our life here in Dug is cherished," continued the chief elder, "but more cherished still are our Sacred Principles. Among these is the Principle of Peace which says we must not commit any aggressive act. To defend ourselves and fight off the aliens would be to contradict our Sacred Third Principle. Therefore, my citizens, we must do nothing."

Alone voice rose from the crowd. It was Sofia. "Your decision is absurd," she said. "If we do nothing, we will be crushed by the aliens and all our people will be killed or enslaved. Our lives are more sacred than the Third Principle. Our dignity and freedom takes precedence over the Principle of Peace."

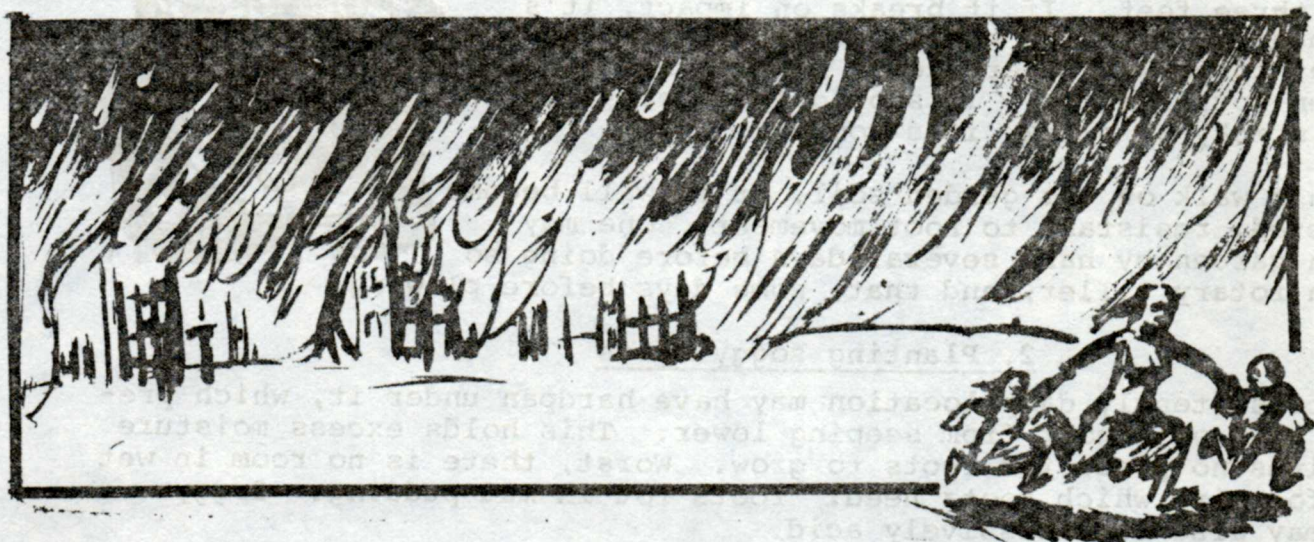
For a long time she argued and pleaded with the elders but could not change their minds. The Third Principle must not be violated even at the cost of the complete destruction of the land of Dug. Being a simple folk, the Dugians followed the advice of their elders and did nothing to stop the alien oppressors.

A few weeks passed and Dug was no longer. The aliens with their slavery, their big "cars" and their aggressive instincts had erased Dug from the face of the earth, and swallowed up many of its citizens in the bowels of their "society".





Dug --that idyllic land ---is now but a tear-drop in the ocean of history. In fact, we only know anything about Dug from its one survivor. Evidently, one of its citizens disobeyed the elders and resisted the alien aggressors. The survivor fled and lived to establish herself and her family in another place. Her name was Sophia and it is only because of her that we know this tiny little bit about the land of Dug.



## LETTERS

Dear Friends and Neighbours,

Many of you whom I beleaguered and pressed into service on behalf of the N.D.P. know that I worked for Jim Renwick's campaign as canvass organizer.

About 40 of us participated actively, canvassing, helping in the office, putting up signs in hard ground, doing literature drops on cold nights and scrutineering on election day.

Thanks to all of you who worked. Those who voted for the party of their choice participated in the political process. Those who didn't work because of life and death and craziness or falling apart and no time (a problem for us all) I thank for even considering participation. I know how hard it is to juggle commitments to family, surviving, and coping. Then I came along and asked you to fit in the future of socialism in Canada. But you came through or tried or will try again next time.

Around the campaign office I heard people say "Bain Avenue has a high level of social awareness and neat and interesting people live there." At the UIC office on the Danforth they think that us Co-opers are somewhat hip. So true.

My warmest and sincere thanks to all of you,

Dagmar Baur  
36 the Lindens

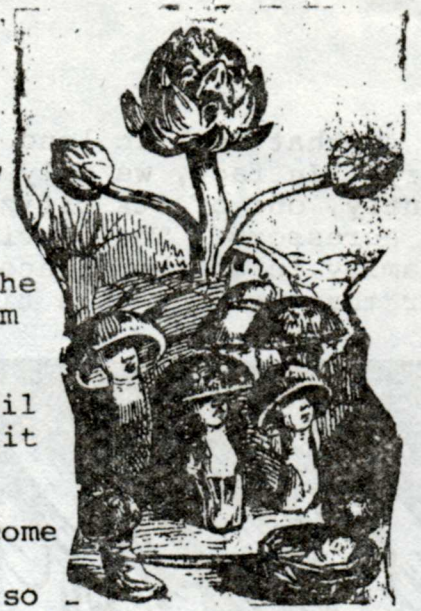
Hi Neighbour

Please remember to submit your Pet Registration card if you have not already done so. The deadline date is April 10

Thank you

Your Pet Committee

# Common Gardening Errors from Nancy Bubel's "Organic Gardening" January 1981



## 1. Working wet ground

This ruins the "structure" of the earth for the season. Squeeze a clod of earth and drop it from about three feet. If it breaks on impact, it's workable; if it stays whole, or nearly so, it's too wet to work. Alternately, rub a pinch of soil between your fingers. It should feel mealy; if it feels sticky or slick, it's too wet.

Don't walk on wet garden soil, or it will become compacted, resistant to root movement. One may till a garden by hand several days before doing so with a rotary tiller, and that, some days before plowing.

## 2. Planting soggy spots

A consistently damp location may have hardpan under it, which prevents rain or runoff from seeping lower. This holds excess moisture and gives no place for roots to grow. Worst, there is no room in wet soil for air, which roots need: roots rot in mud pudding. Soggy soil may also be excessively acid.

If the only site available is wet, build a raised bed.

## 3. Sowing seed too thickly

Less really is more. Read seed-packet directions.

## 4. Planting seed too deeply

Cover no deeper than three times the seed diameter.

## 5. Planting too much, too soon

Plant single rows of early vegetables. Replace as wanted, every two or three weeks.

Results: continuous harvest all growing season, at rates no greater than one could use, and none wasted by going to seed.

## 6. Transplanting directly from house to seed

Failure to "harden-off" may cause any or all of temperature shock, wind-whip, wind-burn, or ultra-violet stress.

## 7. Mulching too early and too thinly

First let the soil warm up well.

Proper depths for mulches:

sawdust	2" to 3"	leaves	8" to 10"
hay, baled	5" to 6"	hay, loose	8" to 10"
grass, fresh-cut	4"	wood chips	6"

## 8. Watering frequently in small amounts

Soak to a depth of about 5" once a week, the equivalent of 1" of rain.

From: Nancy Bubel

"Organic Gardening", January 1981.

Submitted by Norman McKinney



\*\*\*\*\*Consider planting a mulberry tree; it may reach 40'. It is a useful, ornamental shade tree and attracts wild birds. The fruit, like a blackberry in taste, ripens in summer. It makes very tasty pies and jellies. The black variety may be available in one of your local nurseries.\*\*\*\*\*

# life ladder

The Co-op has purchased a number of fire escape ladders in order to provide an extra margin of safety for the third floor bedrooms on the ends of the buildings that do not allow access to the roof from the window.

Our apartments are relatively safe from any fire started outside of the particular unit as a brick wall separates the units from those next door, and the Co-op installed special fire-resistant drywall on the ceilings of the lower units and on the ceilings of the back basements. However, if smoke or fire did prevent persons on the third floor from descending via the stairwells, these ladders would indeed be life savers.

The ladders are made of steel and are designed to hook over the window sill and hang down the brick wall. Full instructions for use come in the box. These Life Ladders are now available from the Office for all members living in units with these 3rd floor bedrooms, at one ladder per apartment. Please come to the Office at your earliest convenience and get a ladder. Please remember that these ladders remain Co-op property and should be left in the apartment if you relocate or move out.

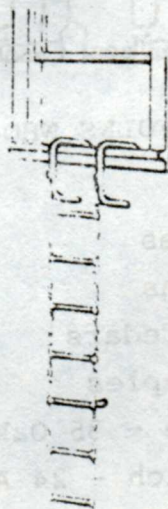
These ladders have been tested by staff and a few members and it is clear that children could not use the ladder on their own. It would be wise to practice using the ladder and to have a fire escape plan that all members of the family fully understand.

PORTABLE, ATTACHES  
TO WINDOW SILL

NO SCREWS, BOLTS OR  
BRACKETS

PERMANENT ALL-STEEL  
CONSTRUCTION WITH  
STRONG RUNGS

STORES UNDER BED,  
DRESSER OR WINDOW



## WHAT'S NEW IN MEMBER INVOLVEMENT COMMITTEE? LOTS!

With the coming of spring the member involvement committee has gotten a burst of enthusiasm sparked by a number of active and energetic new members.

The member involvement committee in the recent past has been most known for our multi-media orientations for prospective members. All people interested in applying for membership at Bain must attend an orientation at which time the basic philosophy and operation of the co-op is explained through a slide show with some fascinating sidelines such as historical shots of the Danforth at the turn of the century.

After setting up this mechanism for initial screening of potential members the committee currently is making a renewed effort to move onto other issues, primarily that of exploring and encouraging participation of residents already living within the co-op.

A whole range of exciting projects are in the works, and with the co-operative effort of our ever-growing committee we hope to see results soon.

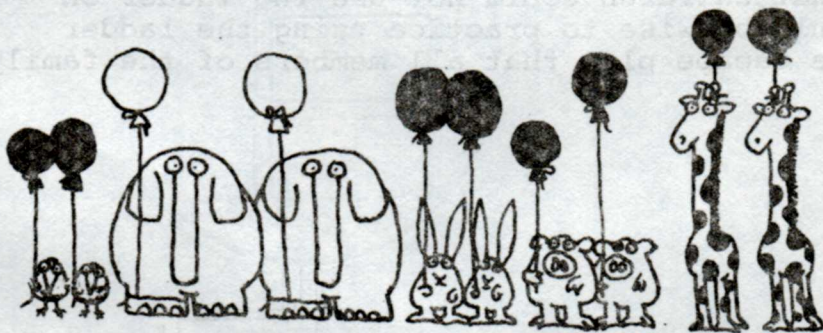
Welcoming get-togethers for new members are now a regular feature at Bain and are organized about every two months. The two gatherings already held were highly successful in giving recent arrivals an opportunity to meet and talk, find out what's happening in the co-op, ask all those questions they'd never been able to answer (like how does one get into their back basement?!). New members can learn about how and where they might get involved and generally begin to feel more at home.

Work has begun on a cataloguing of members' skills, abilities and interests as stated on applications, to begin to develop a systematic way to be able to contact people about doing volunteer work for the co-op. We hope this cataloguing will be an important first step in encouraging participation and creating a way that various committees can have access to potential volunteers and member talents.

Work is also continuing on our First Aid Skills Exchange. This collection of talent within the co-op is a little different -- not collected for the purpose of volunteer labour for the co-op but a collection of our native talent so if you need to hire a carpenter or silversmith you can know who to contact. We hope to be coming out with a Skills Exchange flyer in the not too distant future so ... if anyone who wants to be included has not given their questionnaire in the the office yet -- get moving!

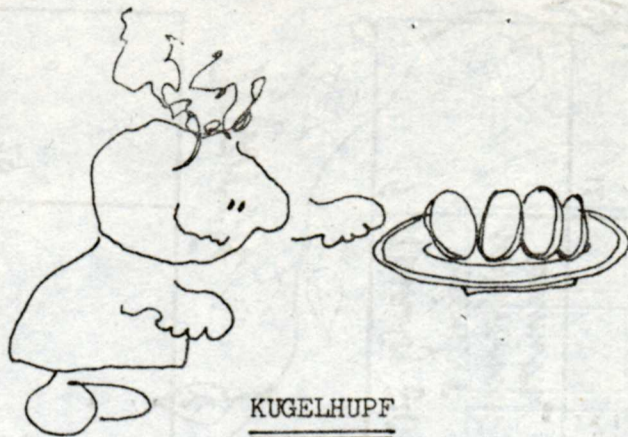
As a follow-up to our Affirmative Action for the hiring of women initiative passed by the last general meeting, the member involvement committee is beginning an examination of job descriptions looking for sex-role stereotyping and bias.

As you can see, we are quite busy-- all the more reason we need dedicated volunteer help. Anyone interested in joining us please contact the committee or come to our next meeting April 6th, 8:00 pm, 17 the maples and find out about getting involved!!!



BAIN WELCOMES THESE FOLKS WHO'VE MOVED INTO THE CO-OP THIS YEAR:

- \* Sarah Hood - 47 Maples
- \* J. Watson - 56 Lindens
- \* Peggy MacKenzie - 6 Cedars
- \* Susan Kaufman - 21 Maples
- \* Z. Onen & N. Lapointe - 35 Oaks
- \* S. Greckol & B. Herlich - 24 Aberdeens
- \* K. Powers & J. Lobko - 9 Cedars
- \* Don Baxter - 26 Lindens
- \* M. Middlestaedt - 51 Maples
- \* Gina Strimas - 24 Maples
- \* Laurie Tophen - 63 Lindens



### KUGELHUPF

This is a delicate bread to serve for tea or Sunday brunch. It requires no kneading.

1 package (2 tsp) dry yeast	2 eggs
3/4 cup warm milk	2 1/4 cups unbleached flour
1/3 cup honey	1/4 cup wheat germ flour (see note)
1/2 tsp salt	1/2 cup raisins
1/4 cup soft butter or veg. oil	grated peel of 1 lemon

note: Wheat germ flour is made by grinding wheat germ in a blender til it is fine. You can substitute 1/4 cup regular flour for this.

Dissolve the yeast in the lukewarm milk. Add the honey, salt, butter or oil, eggs and half the flour. Beat very well, using an electric mixer if you have one.

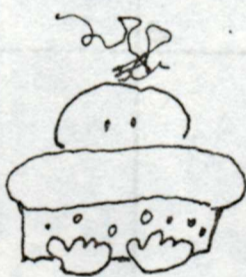
Add the rest of the flour, the lemon peel and raisins, and beat well again. Cover th the bowl and leave it in a warm place til the batter is doubled in size: 1 to 1 1/2 hours.

Beat the batter again, and spoon it into a thickly buttered 6 1/2 cup tube mold (or loaf pan). Let it rise til doubled -- about 1 hour.

Bake at 350 F for 50 minutes.

Serve warm, either fresh or re-warmed in a 250 F oven for 20 minutes. Leftovers are excellent toasted.

submitted by Joyce Allen



### DATE NUT BREAD

This recipe contains no honey or sugar -- the dates provide the sweetness. The wheat germ and soy grits provide lots of protein.

1 cup dates, chopped	1 egg, beaten
2 tbsp butter	1 cup whole wheat flour
1 cup boiling water	3/4 cup wheat germ
1 tsp baking soda	2 tbsp soy grits
1/2 cup nuts, chopped	1/4 tsp salt

Pour the boiling water over the dates and butter and let cool. Add the soda, nuts, egg and dry ingrediants.

Bake in a well-buttered loaf pan at 350 F. for about an hour.

It will slice best when it has been refrigerated for a day (if you can wait that long).

# Calendar and Committee Contact people: • coop office: 466-2186 •

• Residents council  
Miriam Wohl 466-9450

• food co-op

Kathy Corrigan 465-6783

• Finance committee

Helen Sprock 469-0782

• Grievance committee

Marie Fauley 461-5636

• member involvement

Vivian Green 465-9183

• maintenance committee

Mel Green 466-8440

• anti-racism committee

Nik Haberman 465-8673

• newsletter committee

Carol Ramm 463-9050

\*Reminder = Residents council meets 7:30 in office every Tuesday except 2nd Tuesday of the month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
				NEWSLETTER PLANNING, 8:00PM 27 LINDENS		
5	6	7	8	9	10	11
11 meetings 8:00pm member involvement committee						
12	13	14	15	16	17	18
		general meeting 7:30pm Wilson school				
19	20	21	22	23	24	25
26	27	28	29	30		

March  
April