

BAIN CO-OP NEWSLETTER

APRIL

81



PLEASE GIVE TO 7 NEWS

7 News, our local community newspaper, is asking residents to express their support and help to keep it publishing by contributing to its Supporting Membership Campaign. 7 News provides a number of valuable services, including a free calendar of community events and regular coverage of local news and issues not covered in the regular press.

7 News needs the support of all of us! Send donations to 7 News, 315 Dundas Street East, Toronto, M5A 2A2. For more information call 363-9650.

GOOD TIMES WEEKEND BABYSITTING

The Children's Circle Day-care Centre offers babysitting on weekends. 8:00 p.m. Fri. till noon Sat., \$12.00; 7:00 p.m. Sat. till noon Sun., \$12.00. They offer stories & songs, games & movies, healthy food and loving care. For information call 551-8033 (evenings) or 461-5151 (weekends).

(Submitted by Rita Gamst,
23 Aberdeen)

HOUSING CHARGE CHEQUES

Housing charge cheques post-dated for the first of the month should be delivered to the office on or about the 25th of the previous month. This helps the office to save time in the book-keeping process. Cheques and/or money orders can be dropped through the mail slot outside of office hours.

MAINTENANCE EMERGENCY PAGER

For maintenance emergencies outside of office hours, please call 483-1003 and ask for pager #3322. Remember, this service is for EMERGENCIES ONLY!

Work orders for non-emergency items may be placed by visiting or phoning the office (466-2186) during office hours.

OFFICE HOURS

The office is open Monday to Friday 1:00 p.m. to 5:00 p.m., except Thursday when the office is open till 8:00 p.m. (statutory holidays excluded).



If this picture intrigues you, maybe you should consider helping us out with the Newsletter! We always need people to do typing, writing, organizing, graphics, production and distribution. But what we need more than anything is NEWS! Why not drop us a note about your opinions, your courtyard, your favourite recipe, or that old dresser you're trying to sell? Remember, this is your newsletter!

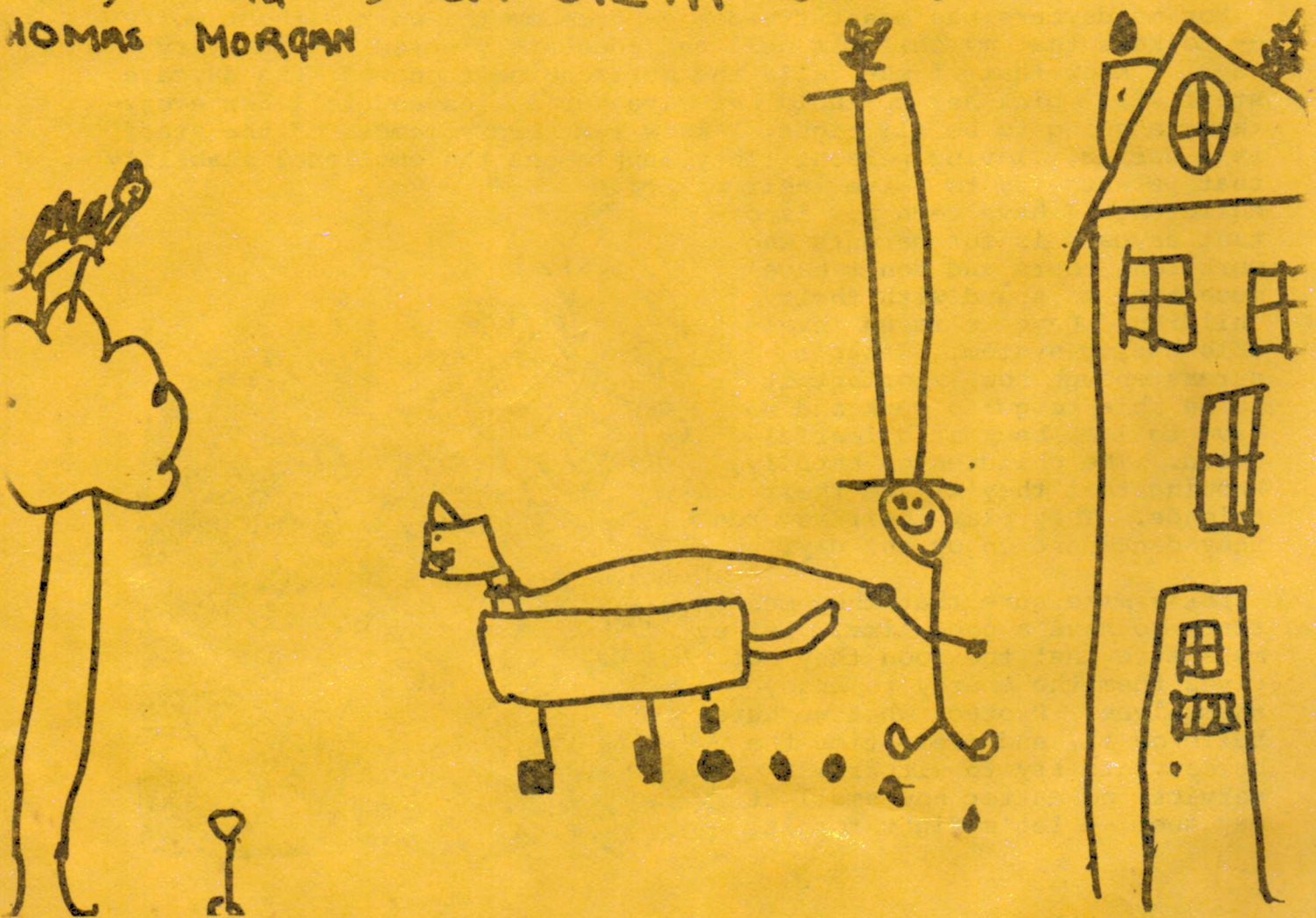
KID'S PAGE

and thats the truth!

I think Bain Avenue is quite a nice place to live because The School is just right up the road and ive made lots of nice friends on Bain. But i've noticed That Bain is quite The Place For things getting stolen. I think its handy That we have a laundry very near. I get a bit upset when i get thrown out of the court yards but i understand That The grass wont grow ~~up~~ but at Withrow Park The grass is covered in the dogs brown mush so we would rather play in the court yards where its clean. And i think its a good neighbourhood to grow up in

and thats the truth!

By Paul Braunstein 22A Bain
TOMAS MORGAN



Children of Bain Avenue - UNITE. This is your page. Make sure to keep it filled. The Bain Newsletter will be happy to print your drawings or articles on a first come, first printed, basis.

Daycare

a personal view

by Stephanie Grace

I have a child in Social Services Day-care. She has attended Jesse Ketchum Day-care Centre for the past eight years. I would like to share my experience with daycare and tell you what good daycare has meant to me.

Social Services Daycare facilities are required to provide 2/3 of a child's daily nutritional requirements. I am strongly opposed to fast foods and simpler meals at the expense of good food. I know the money is there and that facilities are available to provide the best diet that money can buy for children in daycare.

I have appeared before the Social Services Committee, and have seen the faces of the older members, especially the men when I discussed with them the need for good daycare. They looked as if to say "We don't believe you need it all that badly. Why don't you just stay home and look after your children?"

The Jesse Ketchum staff has to sell baked goods provided by the parents at a mammoth sale during the annual Valentine fair to raise \$600 for trips to points of interest. This is especially important at holiday time --- summer holidays, March break, and Christmas holidays. These children are in the centre from 8:00 a.m. until 6:00. Without the extra funds to take them to museums, a play, or the islands these trips would not be possible. Why isn't the money available from Social Services?

For me daycare has meant freedom -- freedom to work without worry -- to know that my child is well and adequately cared for in every way. I know that if she falls and hurts herself one of the daycare staff will pick her up, hold her give her a kiss and tell her everything's going to be all right. I know that every member of the staff is a caring, loving person. They supplement the emotional stability that parents try to give their children. I have seen how important daycare is for parents who work long hours and don't have much time to spend with their children. Daycare is an invaluable backup system. I can't stress enough how important it is to be able to go to work and not have to look back at a tearful child. The children go happily, knowing that they'll see their friends. They play their records they dance and enjoy the day.

Let's make sure that they continue to have a good time. Let's make sure that the food they eat gives them the energy to enjoy themselves. Protect what we have build on it, and every time the bureaucrats try to withdraw a service, no matter how small it may seem -- let's fight for it.



After daycare there will no longer be daycare for my child. I am trying to let her know what it is like to travel home from school by herself, to get herself a snack and to do all the other things that I will have to trust her to do when that dreaded day comes. With the end of daycare will go some of my peace of mind. When I think of her trudging home to an empty apartment with her door key tied on a string around her neck, I would give anything to get daycare extended to twelve-year-olds. I plan to fight very hard to get it for my child and for all others.



COMMUNITY FESTIVAL

With the coming of good weather, the Klan has stepped up its efforts to spread its hateful, racist message in our schools, shopping centres and at our doors. A new twist is that they are inviting our young people into their office to join the "White Youth Corps".

Similarly, the people fighting racism and the Klan must step up their activities. The Bain Anti-KKK Committee will meet on Monday, April 27, 7:30 p.m. at the Office.

The Riverdale Action Committee Against Racism will be holding a CommUNITY Festival Against the Klan in Greenwood Park, Sunday, May 31, at 1:30 p.m. We need your help to prepare for the festival. If you can't make it to the meeting or if you'd like more information, call 461-9857 and ask for Paul or Bruce.

Bruce McWilliams
Paul Pelletier

2ND ANNUAL "CO-OP MOVEMENT STRATEGY CONFERENCE"

The 2nd Annual "Co-op Movement Strategy Conference" is being held at Grindstone Co-operative, Portland, Ontario, from Sunday, August 16th to Friday, August 21st.

Bain is willing to sponsor and pay for the attendance of two representatives. A mini-election will be held at the May General Meeting to elect candidates to attend. So start soliciting nominations for presentation at that time.

Last year, 45 co-ops from Ontario and Quebec attended, and in the course of the five days, over 20 sessions were held on a wide selection of co-op movement issues. This year's conference should prove to be even bigger and better.

For more details, contact Stephanie Grace, #7 Oaks, after 7:00 p.m. weekdays or on weekend afternoons.

Alderman David Reville • Ward 7
City of Toronto



The first 120 days have flown by on frenetic, somewhat tattered wings.

The easy parts have been getting appointed to committees and boards; the harder parts have been going to all the meetings of those boards and committees. Land Use (the old Buildings and Development Committee) has been the most painful because Dorothy Thomas (Ward 9) and I are outgunned 9-2 by the right and centre; we lose most votes by - you guessed it - 9-2. The City Services Committee is more pleasant: I'm on the winning side most often there. The most challenging committee has been the Budget Review Group: Alderman June Rowlands, the Budget Chief, Alderman Gee and me. Budget has occupied most of my waking and lots of my sleeping hours since Day 1.

On the positive side, Budget has been a superb way to find out what City Hall does and doesn't do. On the negative side, the Budget job takes up so much time that I've missed out on some of the bi-weekly Caucus meetings at which the eight NDPers on Council review the current issues and plan the strategies designed to confound our opponents.

My other committees include the Yonge Street Implementation Committee, the Population Redistribution Committee and the South East Area Industrial Co-ordinating Committee. (If any of those sound fascinating, I'd be glad to tell you about them on another occasion.)

City Council has a slightly different shape this year. The left is not as strong numerically - we have nine votes (the eight NDPers plus Anne Johnston) compared to the fourteen that the Mayor and his "allies" command - but the personalities on our Caucus seem to be jelling into a formidable opposition. Our concern is that serious inroads will be made into the gains won over the past twelve years by John Sewell and others and we'll have to fight hard to save what we have and keep the City moving in the right direction. To do that, we'll need the help of all the people concerned about keeping Toronto liveable.

(continued next month)

PET COMMITTEE REMINDER



The Bain Pet Committee would like to pass along a reminder to submit the information sheets regarding your pets to the office; if they've been misplaced, copies are also available at the office from Lou Wright. And here's a suggestion: a good time to hand them in is along with your rent cheque - the deadline for submissions of forms is MAY 1ST. Please remember that the Pet Policy Rule No.1 reads as follows:

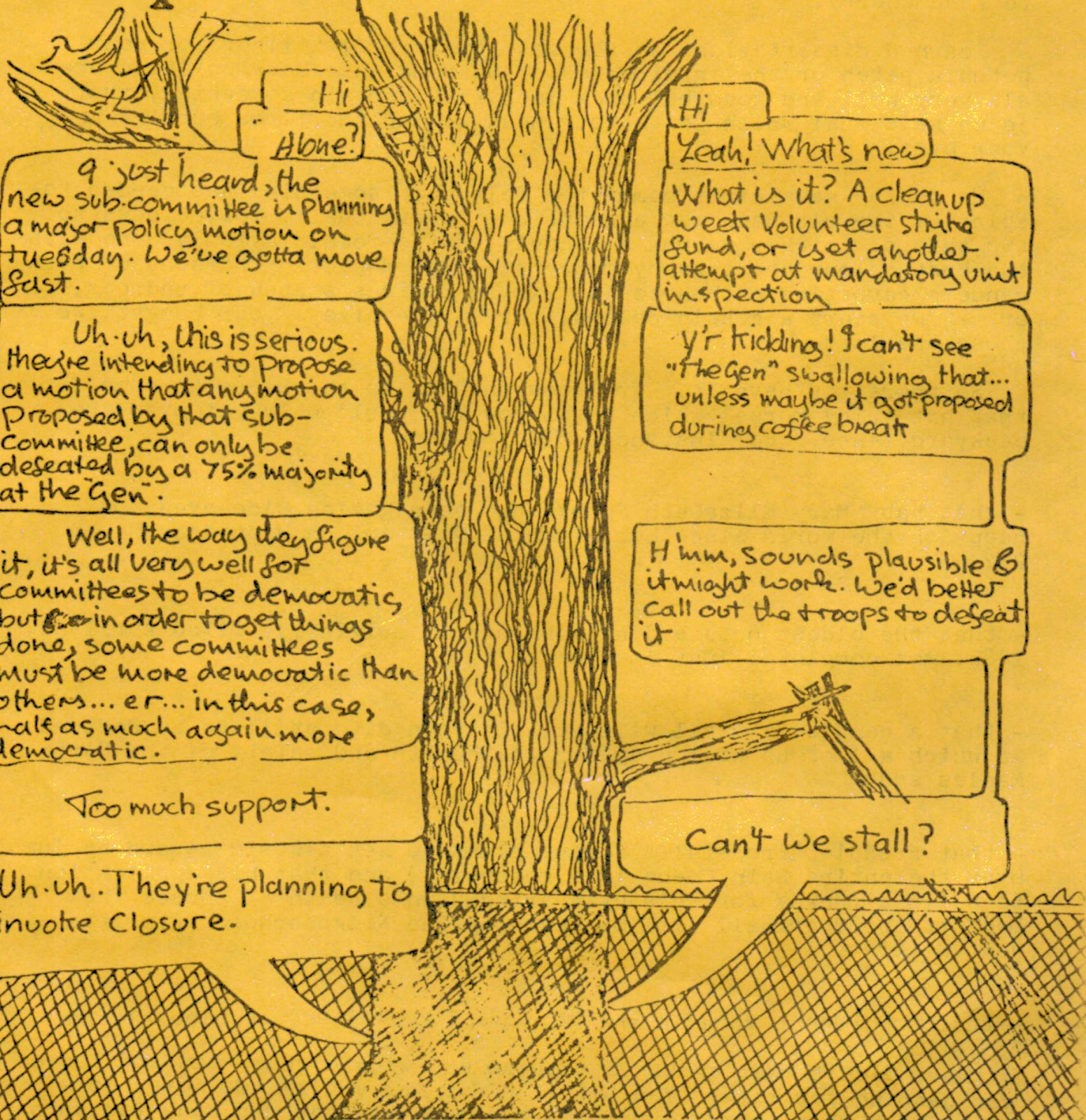
" No one shall possess an unregistered pet on Co-op Property"

Keep in mind that registration and spaying or neutering of all Co-op pets will prevent your pets from annoying you neighbours, and will prevent your being annoyed by others' pets.

Co-operatively,
Bain Pet Committee



Grapevine



Hi
Alone?

I just heard, the new sub-committee is planning a major policy motion on Tuesday. We've gotta move fast.

Uh-uh, this is serious. They're intending to propose a motion that any motion proposed by that sub-committee, can only be defeated by a 75% majority at the Gen.

Well, the way they figure it, it's all very well for committees to be democratic, but in order to get things done, some committees must be more democratic than others... er... in this case, half as much again more democratic.

Too much support.

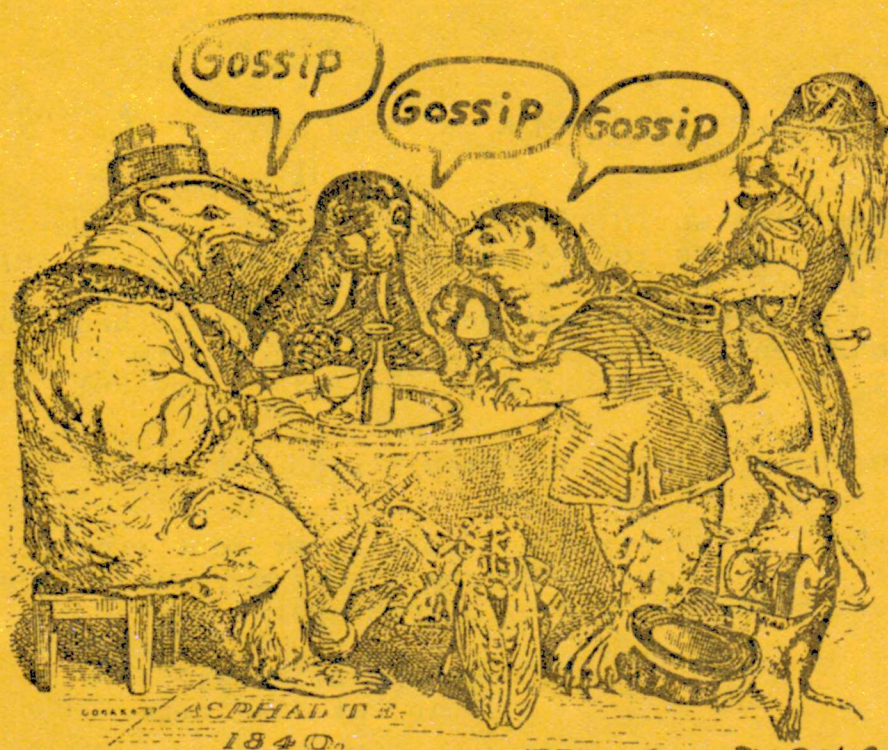
Uh-uh. They're planning to invoke closure.

Hi
Yeah! What's new
What is it? A cleanup week Volunteer strike fund, or yet another attempt at mandatory unit inspection

y'r kidding! I can't see "The Gen" swallowing that... unless maybe it got proposed during coffee break

H'mm, sounds plausible & it might work. We'd better call out the troops to defeat it

Can't we stall?



BY DOUG MACDONALD

Greetings, greetings, greetings - and welcome to Three G, the informative, stimulating and eye-opening account of the things that really happen in the fishbowl world of the Bain Co-op. Our answer to Zena Cherry.

Learned dissertations on the best organic fertilizer for your petunia patch or the intricacies of Guatemalan labour politics are all very well and good but they lack that certain something, that je ne sais quoi which keeps your head up and the fires burning in your eyes.

We on the newsletter committee felt that something was needed to spice up the old Bain rag and the choice eventually boiled down to two things: either we run a monthly centre-fold, lavishly done with the best colour photography money can buy, depicting persons of both genders cavorting on bear skin rugs in various states of undress, or - we start a gossip column. Given the size of our budget, we chose the latter.

So there you have it. From now on this is the place to come for that hot juicy morsel which until now you could only get over the backyard fence. For instance, did you know

- that baby Mary Elizabeth Sprokk has been gazing wide-eyed and happy on the world since her birth at 9:30 am, on Wednesday March 25?
- that the oldest outstanding work order, originally filed April 22, 1980, was completed just last week?
- that a candlelit vigil will be held on a date still to be decided in which all of us will pray for the health and safety of the North Maples sod?
- that Freddie "Free-fall" Fergus plans to set a world record by jumping over the entire Bain Co-op in a motorcycle and that his application to build a runway for this by tearing down a swath of houses from Danforth to Sparkhall will be heard by the Neighborhoods Committee next week?
- that the recent vote in the Bain poll was 28 PC, 10 Liberal and 255 NDP?

Now, didn't that shake your spine and wiggle your toes and leave you gasping for more? You bet it did. And you'll get more, lots of it. Watch this space 'cause its the only way you can know for sure who's got it, who wants it and where its going to next.

bain briefs

\$ £ !

FINANCE COMMITTEE MEETING

Thursday, April 30, 7:30 pm
co-op office

Like to work with numbers? On a former finance committee and would like to get involved again? Want to know how our finances are handled? This meeting will be held so that we can get to know each other and discuss what the committee is all about. Suggested topics are: investing, computerizing the financial records, budget control systems, and organization of volunteer tasks.

If you would like to get involved, but can't come to the meeting, please call Wendy at the office (466-2186)

\$

April 11 was the Co-op's spring clean-up day, and the North Maples had a particularly successful and invigorating day. At least 18 people came out to rake, sweep and dig. We even uncovered some struggling tulips which we'd all forgotten about.

(Now if only people will give that sod a chance to grow...NO ONE should be playing in the court yard yet!)

Even our neighbours got into the act! Tony, from 112 Sparkhall, came over and planted a big, healthy tree on the Sparkhall verge. Thanks, Tony!

North Maples, watch your mail boxes for an announcement about a court yard meeting, to be held soon.

Submitted by Carolé Linton & Carol Ramm

DO YOU CARE TO DANCE....?

SPRING CELEBRATION

Lets have an event to welcome in the warm south winds. We need people to arrange it, so if you can help please call Virginia, 465-9857.

FREE FLICKS!

The Member Involvement Committee is sponsoring a film, "Yes I Can", to be shown in the Bain Office on April 29 at 8:00 p.m.

Everyone is welcome!

CLASSIFIED ADVERTISING

FOR SALE

Child's Bed - with mattress and side rails - \$10.00

Phone 463-1423 - Charlotte Marga

Child's tricycle for sale - Excellent condition \$10.00

Call Laurie Tophen at 465-3309 or come see me at 63 Lindens

P.S. Also, girl's 2-wheeler \$? \$

DINETTE SET - for sale Table and leaf (seats six) with four chairs

\$30.00

Call Michael, 465-3024, evenings or come to 54 the Oaks

FREE - Almost new pair of brown, suede shoes - size 3. Running-shoe style.

Phone 465-7131 - Helen Sutherland

APRIL GARDEN CALENDAR

VEGETABLES:

To warm up earth fast, cover cultivated soil with black PVC sheet, anchored with stones. After several days remove it; promptly sow seed or set out transplants in the plot. The warm soil will speed germination and encourage strong rooting of seedlings.

Tradition has it that seed should be planted "when the oak leaves are mouse-ear size"; on the whole, it is good advice. Peas, however, should be sown as soon as the soil can be worked; new low-growing types need little staking.

When the garden soil is free of frost, sow your root crops: radishes, beets, carrots, turnips, rutaboagas. Dig the beds deeply. Carrots will not become "hairy" if not heavily fed with manure.

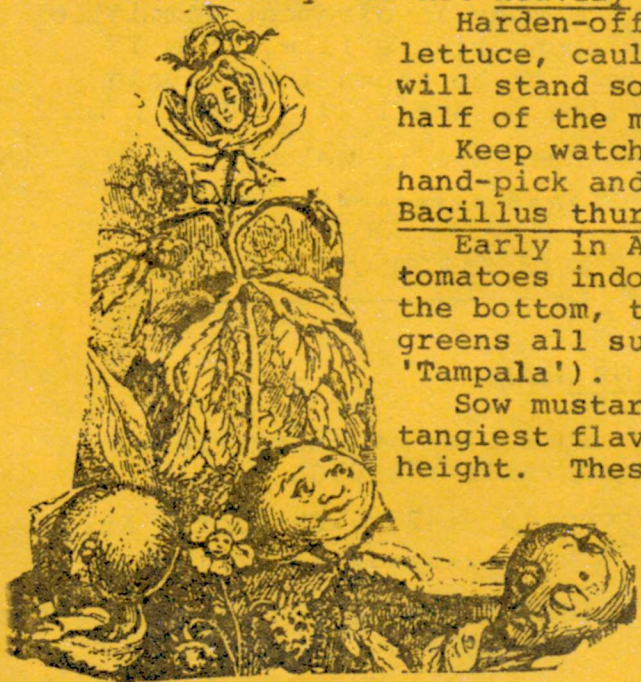
Harden-off indoor seeded broccoli, cabbage, leaf lettuce, cauliflower, and kohlrabi; although they will stand some cold weather, plant during the last half of the month, to be sure of missing heavy frost.

Keep watch for cabbage loopers, which eat leaves; hand-pick and destroy the first loopers. Try spraying *Bacillus thuringensis* as a control.

Early in April, start egg plant, bell peppers and tomatoes indoors. If possible, apply gentle heat from the bottom, to speed germination. For spinach-like greens all summer, also start leaf amaranth (Burpee's 'Tampala'). Transplant into warm soil in late May.

Sow mustard seed direct early this month. For the tangiest flavour, pick them at five to six inches height. These thrive in cold weather.

Seed brussels sprouts indoors, now. Grow in individual peat pots. Set out the seedlings in late May. Plants should make dramatic growth all summer. Harvest only after first of frost in Fall.



ORNAMENTALS:

Finish planting shrubs and trees. Before planting bare-rooted specimens, oak roots over-night in tepid water mixed with cow-manure tea. Make sure conifers are planted before the end of the month.

Before setting-out new deciduous saplings, choose a site where, when matured, they will cast shade to give relief from summer sun-heat.

Similarly air-condition a portico, patio, or sunny window by planting Clematis, Dutchman's pipe, wisteria, or climbing roses.

Trim conifers, except pines, to neat appearance and so as to prevent undergrowth: when growth candles' reach 6 or 8 inches, clip to 1/2 length.

Instead of reseeding areas (banks, shade) where it is hard to grow grass, plant ground covers. In shade, try hosta, ivy, day-lily or lily of the valley.

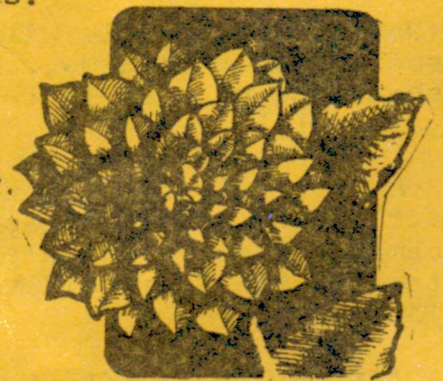
Once the soil is workable, sow improved sweet peas.

Start petunia, impatiens, nasturtium, marigold and ageratum indoors in tubs or jumbo pots. These can provide colour splashes on patio, porch, or in garden once weather is warm.

Rhododendrons: trim straggly branches. Fertilize plants with cottonseed meal or tankage at a rate of 5 lb/100 sq. ft., and water it in. Mulch with at least 4 in. of pine needles, peat moss or oak leaves, to keep soil acidulous.

Perennials: separate overgrown clumps (of species such as 'mums, hosta, hlox, shasta daisy); transplant into new soil mixed with compost.

Plant gladiolus bulbs in soil mixed with compost every ten days until mid-June, to assure continuous bloom from summer to fall.



ORCHARD AND FRUIT:

Plant trees now, to assure roots are established before soil is heated up.

To prevent brown rot fungus on cherry, peach and plum, remove all mummified fruits, decaying twigs or branches, and old leaves from on or under trees; the fungus spore winters over in decaying matter, is spread by winds, and infects blossoms as soon as they open.



Plant raspberries, black berries and other brambles in soil mixed with well-rotted manure or compost. Shake up established raspberries, to lift them into sunlight and air. This ensures better fruiting. Fertilize each plant with a shovelful of well-rotted manure.

Don't put new strawberry plants into old beds; the beds may contain red stele disease, root weevil, or other pests. To avoid excessively heavy foliage, fertilize established strawberry beds with well-rotted manure after the fruits have set. Mulch to retain soil moisture.

Just as fruit-tree leaves start to 'pop', check the trees carefully --especially apple and cherry--for webs of tent caterpillar; tear out any nests found; control by spraying Bacillus thuringensis on webs and surrounding leaves.

submitted by Norman McKinney

April General Meeting Report

When does an Annual General Meeting become a mere monthly meeting? This was the first question taken up at the co-op meeting on April 14. An Annual General Meeting was indeed called for that date, the main business being the discussion of the annual financial report. However, attendance was well short of the 50 member quorum. It was decided to act as a monthly meeting until enough members showed up to allow an Annual Meeting to begin.

The first topic was payment to a maintenance staff member of a bonus merited by his long service and enhanced skills. This bonus was really a form of raise but was not so called because present policy doesn't provide for pay increases based on merit and seniority. A brief discussion of proposed amendments to personnel policy revealed that they did not include such pay increases. Further discussion of the proposed bonus and personnel policy was deferred until the next monthly meeting.

Discussion then started on proposed amendments to the hiring policy but was interrupted by the announcement that we finally had the half-hundred members necessary for an Annual General Meeting and could now hear the financial report.

Next came a successful motion to add an eighth member to the Membership Committee.

The last major item was a proposal by Norm McKinney to adopt and prominently to display a statement of co-operative principles such as: mutual aid, democratic decision-making, and decent affordable housing. Little time remained and discussion of this proposal was deferred until the next general meeting.

INFORMATION

ASBESTOS UP-DATE

Behind-the-scenes work on the asbestos problem goes on-- the latest information is as follows:

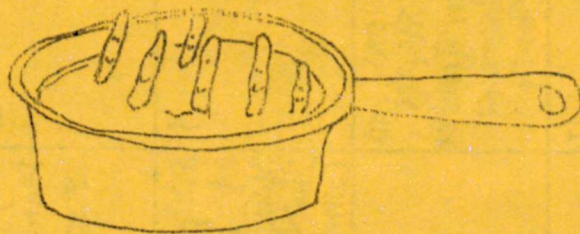
"The original General Meeting decision on asbestos directed the removal of all front basement asbestos and damaged back basement asbestos in good shape was to be encapsulated. After discussing the situation in the basements the following recommendations were adopted by the maintenance committee:

1. Active steam pipes, three feet long or shorter, shall not have their asbestos removed if they are in the front basement. They shall be encapsulated and in basements with ceilings lower than nine feet, they shall also be boxed in.
This will allow minimized disruption to residents in approximately 30 apartments.
2. Remove all asbestos in back basements.
Between 1/3 and 1/2 of the asbestos was removed and replaced in 1977. Since the total amount of work is significantly reduced and since the amount of disruption is much less with back basements, we should take the opportunity to clear them out completely.
3. The basements of the Flms are occupied. In order to minimize disruption and contamination of living areas, it is proposed:
 - (i) All piping in storerooms should be completely stripped and re-insulated.
 - (ii) Piping that is enclosed behind drywall that can be observed to be securely wrapped in canvas shall be left. All openings to these areas shall be securely sealed. Where it is not securely wrapped, it shall be stripped and re-insulated.
 - (iii) All asbestos-covered pipes running above the hanging ceiling shall be encapsulated where the wrapping is in good shape. Wrapping in bad shape shall be removed and the pipes re-insulated.

Recommendation: That the procedures above be recommended to the General Meeting" (May 12th).

Item taken from Staff Report of April 6, 1981 to Residents' Council, prepared by Peter Tabuns.

Check the May Newsletter for further news of the result of this submission to the General Meeting of May 12th.



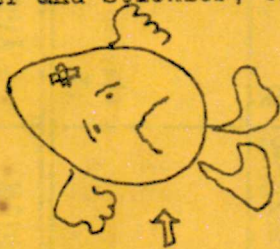
PERFECT BROWN RICE

from Marion Gorman, The Organic Kitchen, Organic Gardening, Feb. 1931

To make four cups of rice:

- 1 1/2 cup natural brown rice (long or short grain)
- 1 egg
- 3 1/2 cup water or stock
- 1 tbsp vegetable oil

Note: Long grain rice is best if one wishes separate grains. Short grain rice becomes puffier and stickier, thus is better for rice pudding or similar desserts.



Beat one egg. **BEATEN EGG**

Add the beaten egg to the rice in a deep, heavy pot (of about 1.25 to 1.7 litre or 1 - 1.5 qt. capacity).

Stir the rice-egg mixture over moderate heat until all grains are dry and separate.

Add 3 1/2 cups water (or veg. stock) and 1 tbsp veg. oil.

Stir over moderate heat until liquid is boiling briskly.

Cover with a well-fitting lid.

Cook in a pre-heated oven at 177 C (350 F) for one hour. **DO NOT DISTURB WHILE COOKING.**

When finished, fluff the grain with two forks.

This dish freezes and thaws superbly: double or treble this recipe quantity, and freeze a ready-cooked supply in plastic containers.

VARIED QUANTITIES

raw rice	egg	cups liquid	oil	average oven time	cooked quantity (not packed)
1/2 cup	1/2	1 1/4	1 tbsp.	35 min.	1 1/2 cups
1 cup	1/2	2 1/2	1 tbsp.	45 min.	3 cups
1 1/2 cup	1	3 1/2	1 tbsp.	60 min.	4 cups

• SUBMITTED BY NORM MCKINNEY

APPLE CRISP

Preheat oven to 375°F.

- 2 medium-sized apples
- 3 tbsp. brown sugar
- 2 tbsp. flour (white or whole wheat)
- 2 tbsp rolled oats
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 1/2 tsp. shortening or margarine

1. Peel and slice apple and place in bottom of baking dish.
2. Blend sugar, flour, rolled oats, spices and shortening or margarine until crumbly.
3. Spread over apple.
4. Bake at 375°F. for 25 minutes.

(Contributed by Stephanie Grace, #7, the Oaks)



April & May

COOP OFFICE: 466-2186
RESIDENTS COUNCIL 7:30 PM. OFFICE.

Committee Contacts

RESIDENTS COUNCIL

MIRIAM WOHK 466-9455

FOOD CO-OP

KATHY CORRIGAN 465-6711

FINANCE COMMITTEE

HELEN SPROCK 466-0781

GRIEVANCE COMMITTEE

SHEILA ISAACS 465-7159

MEMBER INVOLVEMENT

VIVIEN GREEN 465-9183

MAINTENANCE COMMITTEE

MEL GREEN 466-5440

ANTI-KLAN COMMITTEE

MIK MADERMEL 465-5673

NEWSLETTER COMMITTEE

CAROL RAMM 463-9050

EMERGENCY # 483-1063







ASK FOR FRANK 3322

AND....

APRIL 29 - THE FILM

"YES I CAN" IS ON WOMEN

WORK + IS SPONSORED BY THE MEMBERSHIP INVOLVEMENT COMMITTEE.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 	20 May Newsletter 27 Planning Meeting 7:30 8 Lindens	21 	22 8:00pm Office 29 Finns "Yes I Can"	23 8:00pm 9 Maple St Maintenance Committee Meeting	24 May 1st	25
26	3 8:00pm 64 Lindens Numbers Subsistence Committee Mtg.	5 	6	7 FINANCE COMMITTEE 7:30pm. Office	8	9
10 300 pm. 17 Maples New Member Welcome Party	11	12 General meeting 7:30pm withrow school 	13	14 Newsletter Production	15	16
17	18	19 	20	21	22	23
24	25	26 	27	28	29	30
31 May is done!						