

Hugh and Cry

Winter/Holiday 2019 Edition

An Unexpected Surprise

By Leslie Brewer – Newsletter Committee

I was recently leafing through a little publication called "On the Go", usually found at subway stations. My eyes were drawn to the title: We Need More Places Like Cowbell. So I'm thinking it could be about a farm until I read in small print under the main title the following: Accessibility makes this Ontario brewery a special community hub.

Located in Blyth, Ontario, Cowbell Brewing makes, "Craft Beer that Rings True". But, it's about so much more than beer. This 111 acre brewery brings a family custom of fostering community.

To help do this, the Sparling family, who own and operate the brewery, have made their facility welcoming to all. "With approximately 24% of Canadian adults identifying as having a vision, hearing or mobility disability or challenge, not being inclusive could exclude potential customers or employees." (Quote from On the Go). Cowbell has achieved RHFAC Gold standing through the Rick Hansen Foundation Accessibility Certification (RHFC) program. This program ranks buildings on their degree of accessibility and directs them on the road to greater access.

Attributes of Cowbell that helped it attain this standing include a number of things, such as, "heated walkways for icy days, universal service counters, and a catwalk to view the brewing process which is accessible by elevator."

In the words of Chief Development Officer and Co-owner Grant Sparling II: "We just believe in doing the right thing and supporting others that in turn support us."

On a little side note, as per Facebook, today, November 22, 2019, Cowbell Brewing was awarded The Sustainable Forestry Initiative (SFI) Certified Wood Award for using responsibly sourced wood products in the design of their brewery.

In so many ways we DO need more places like Cowbell.

HUGH AND CRY – Winter 2019 NEWSLETTER

Sponsored by Hugh Garner Housing Co-operative Inc.

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All published articles in the Hugh and Cry are the views of the authors and do not necessarily reflect those of the Hugh and Cry, The Newsletter Committee, or Hugh Garner Housing Co-operative Inc.

The Newsletter Committee adheres to Hugh Garner Committees' Terms of Reference and Newsletter Policy, available to all members within the Member Handbook.

Please send comments and/or suggestions for the newsletter to hughncry@gmail.com

For a printed copy of the newsletter in larger text, please contact the office.

SPRING 2019 ISSUE

The Newsletter Committee always welcomes story ideas and/or suggestions for future articles.

The next issue of The Hugh and Cry newsletter is also looking for Spring-themed photos, drawings, articles, recipes and other related ideas. Please send your contributions to hughncry@gmail.com no later than **Friday, March 20th**.

Go GREEN

Many of our members already enjoy receiving the newsletter via email. We would like to send the newsletter to as many members as possible, thereby reducing paper use and printing costs. To receive an electronic copy, notify Karen in the office: karen@hughgarner.com

THANK YOU!

The Hugh and Cry would like to thank those who submitted pieces for this issue. Your contributions give the newsletter many voices and varied content.

The Newsletter Committee

Planning For 2020-2021 Budget Has Begun

By Catherine McKay – Finance Committee

We're getting close to the end of 2019, but the Finance Committee is already planning for the 2020-21 budget.

Memos have gone out to the different committees asking them to start thinking about their needs and submitting proposals, but ideas are welcome from all members.

Is there anything you would like to see included in next year's budget that would make life in our co-op better? If so, send in your ideas!

You can pick up a form at the Office, or have one emailed to you as a fillable PDF. Provide a description of what you would like for the co-op, and do some research so you can give us an idea of how much you expect it to cost.

The deadline to submit requests is January 10, 2020, but you don't need to wait until the last minute to get your ideas in.

Neil Mudde, a busy man

By Penny Johnston – Newsletter Committee

Every year at Christmas time, Santa comes to Hugh Garner with lots of gifts for the kids. He usually arrives after a lovely turkey dinner. This cheery fellow is no other than our own Neil Mudde. True to the saying, if you want to get something done, ask a busy man.

In winter, during the flu season, Neil is often called to Fudger House to replace a staff member on short notice. He has been a volunteer there for 12 years. He also shows movies twice a month and runs the tuck shop where the profits go to the benefit of the residents. It entails buying supplies and keeping track of volunteers who run the store.

In addition to these duties he takes time to knit, 'good for arthritis' in the hands,' beautiful shawls for the old ladies, not to mention sweaters, baby goods, and scarves.

His other passion is singing in a male chorus, "Guys like Us", made up of 15 to 20 members. They practice once a week and do various variety shows and gigs at Fudger House. Neil sings lower bass.

If this wasn't enough, Neil is also Chairperson of the Aging in Place HG committee, made up of several of our members, which provides lectures and luncheons to HG seniors on such topics as cheap funerals, power of attorney, safety in units etc. He is also the joint co-ordinator for the Seniors exercise program which is held Monday and Wednesday mornings, to which everyone is invited..

Recently Neil flew to Winnipeg for the 100th anniversary of the Winnipeg General Strike of 1919, which involved many unions. The Winnipeg Public Library put on an exhibition of various media General Strike Works by Robert Bernard Kell, loaned by their owners. Kell was Neil's partner of 40 years and he passed away in 2015. Some of Kell's work hangs in the Winnipeg Legislature and in various peoples private collections.

In our new courtyard Neil cuts the grass.

Last but not least are the many times he has contributed delicious cupcakes for social occasions in the lobby and party room. Neil never stands still.

A Hungry City

By Lesley Brewer – Newsletter Committee

I recently read 2 articles about the use of food banks in the GTA, both dated November 4, 2019. One was from The Toronto Star Metro; the other from an online report by the CBC.

Both point to an increase in food bank use. This news is tragic and disturbing. It confirms the fact that so many things are to blame. The cost of living is on the rise and wages aren't keeping up. Seniors and those on social assistance are struggling because often their monthly amounts can barely sustain them. One report suggests that people may live in prosperous areas but even they have to resort to food banks because property taxes are going up.

I see evidence of this every week as I head off to an appointment on Sherbourne. People are gathered outside St. Luke's United Church waiting to collect their supplies for the week. There are individuals from all walks of life; those who are clearly on the lower end of the socio-economic scale and those who are or were more affluent. I thank my lucky stars every time I pass by.

Thank goodness for food banks. They should be a band-aid solution but seem to be becoming a permanent fixture. And regrettably, there is no quick solution to this social issue.

2020 Newsletter Deadlines:

Spring	* Friday, March 20th
Summer	* Friday, June 12th
Fall	* Friday, September 25th
Winter/Holiday	* Friday, December 4th

Hugh Garner Swap Market

Photos and summary by Fahrin Hirji – Green Committee



Thank you to all the members who participated in the first ever Hugh Garner Swap Market.'

It was a success! Records, CDs, art work, household items, jewelry, plants, musical instruments and books were found and given new homes. New winter boots went to someone who needed boots. Children were excited to trade toys and books. All kinds of treasures delighted people!



The Inner Life Of Animals By Peter Wohlleben

By Alex Wilmot

In early 2018, Peter Wohlleben published 'The Hidden Life of Trees', in which he presented his fascinating insight into the world of trees and the ways in which they communicate, co-operate with, and care for each other. It was an instant best-seller and has been followed by other books and documentaries which support his understanding.

In his second eye-opening book, 'The Inner Life of Animals', Wohlleben - a forester who manages a large woodland reserve in Germany and has spent decades observing not only the trees but also the animals, wild and domesticated, who share the area under his care - provides insight into the behaviours of these and other species and, through anecdotal and scientific evidence, seeks to open our minds to recognition of animals as emotional beings.

Although we have generally come to understand that animals - dogs, cats, apes, dolphins, as examples - are sentient, we have yet to fully comprehend the depth of consciousness that they and other animals - from reindeer to fruit flies, birds to fish - possess, and the ways in which their emotions and consequent behaviours are similar to ours.

It could be, and often is, argued that most animals act purely on instinct, out of fear or need, but Wohlleben compels us to consider the evidence that these fellow beings are capable of kindness, bravery, empathy, curiosity, deviousness, and that they feel shame, embarrassment, jealousy and grief - all characteristics and emotions that have long been assumed particular to humans.

Pictures and videos abound in the media of the females of one species nursing the offspring of another, or of unusual animal friendships - chickens and cats, dogs and cows, for instance. Wohlleben, suggesting that cross-species adoptions are an indication that more than instinct is at play, cites the instance of a crow taking a stray kitten under its care, feeding it - albeit with the kind of food favoured by its own kind, such as insects and worms - and developing a bond that continued for many years.

A crow is referenced in a chapter on how animals create pleasurable experiences for themselves - this particular bird using a plastic lid as a sled, repeatedly carrying it to the top of a roof and sliding down on it. A chapter on animal altruism gives us the example of vampire bats, which regurgitate some of the blood they have consumed to feed hungry neighbours. An amorous rooster illustrates that animals are capable of figuring out devious methods to achieve their aims - in this case, frequent coupling with less than enthusiastic hens. And foxes are known to 'play dead' in order to bait unsuspecting prey.

Research into animal behaviour, says Wohlleben, reveals that at least some - pigs and chimps, for instance - are able to identify an image in a mirror as their own, indicating consciousness of self, previously thought of as a purely human ability. And that ravens identify themselves by a particular call, a name, which is recognized by others in their group, and also use tone to convey attitudes, feelings - friendly or not so much - towards other ravens.

Confronting the accusation of anthropomorphism, which is often leveled at those who liken animals to humans, Wohlleben points out that we are all animals and it shouldn't be hard, therefore, to imagine that our thought processes are similar. He goes on to suggest that our resistance to the notion that animals have the capacity to feel - both physically and emotionally - to recognize themselves, and to act in ways that indicate forethought and planning, makes it easier for us to accept inflicting pain and causing the misery that animals endure on factory farms and as hunted creatures.

Wohlleben writes with deep understanding, compassion and often humour about animals, not as a member of a superior species, but as a fellow being, strongly advocating that we consider the morality of our behaviour towards the other creatures who share our planet in light of what we now know.

Update from the Smoke-Less Working Group

Member education event – November 12

The Smoke-Less Working Group presented an educational evening for members featuring two experts: a lawyer spoke on the legal aspects and a person from the City Public Health Department reported on the health hazards of smoke in general. (Power point presentations are available from the working group on request.)

Seven members at large attended the session.

“The many hands” of smoke was explained – that is, first, second and third hand effect of smoke. Actively smoking is called first-hand smoke which we all know has been curtailed in public. Passive smoking is second-hand smoke which travels everywhere and we are told there is no safe level of exposure. Third-hand smoke is residual tobacco smoke which we have all experienced when we step into an enclosed space, such as an elevator.

Legally, it was stated there is no absolute right to smoke but there is a duty to accommodate a smoker who presents a medical issue and where there is no undue hardship to do so. From the perspective of a co-op member, it should also be noted that our fiscal budget will show expenses that are two times greater to clean a smoking unit versus a non-smoking unit.

These are only some of the interesting facts we heard. Members were able to ask questions afterward and, for those interested further, contact Toronto Health Connection at 416-338-7600.

The Working Group will be continuing to meet to develop recommendations toward a smoke less by-law or policy for the Board to take to our membership.

Smoke-less survey

In September the Smoke-Less Working Group distributed a member survey which asked about drifting tobacco and cannabis smoke in the co-op and policies or by-laws the co-op could put in place to reduce exposure to smoke. We received 76 completed surveys. Thank you for your participation. The results have been shared with the board, and will be included in the final report of the smoke-less working group. (con't next page)

Smoke-less survey

Summary of results

- 50% of respondents said there was an issue with smoke in the hallways (33% disagreed) and 54% said there was an issue with smoke in other common areas (32% disagreed).
- 43% of respondents said there was an issue with smoke entering their unit (43% disagreed).
- 61% said they or someone in their home was bothered by smoke (29% disagreed) and 43% said there was someone in their household with health problems that get worse when exposed to smoke (39% disagreed).
- 64% think there should be a policy and/or by-law that tries to strike a balance between smokers and non-smokers (25% disagreed).
- 34% agreed with this statement “HGHC should prohibit smoking in all areas of the co-op, including members units. This policy should apply to new AND current members.” (51% disagreed).
- 21% agreed with this statement “The policy should apply to new members only, and NOT to current members” (66% disagreed).
- 59% think over time, all units should become “smoke-free” (30% disagreed).
- 49% of respondents think provision should be made for current smokers in a separate area inside or outside the building (29% disagreed).
- 51% HGHC should provide support to smokers to help them quit smoking (26% disagreed).
- In order to provide an easier to understand summary of results, the percentages above were calculated by collapsing “strongly agree” and “agree” into one category “agree”. The same was done for “strongly disagree” and “disagree”. The percentages above do not sum to 100% because “I’m not sure”, “no opinion” and “no reply” are not reported, but they were included in the calculation of percentages.

	Yes	No	No reply or chose both
1. I am a smoker.	10	53	13
3. I live on the west-side of HGHC	29	24	23

Age of respondents	
Teen-ish	0
20ish	3
30ish	2
40ish	7
50ish	17
60ish	15
70ish	8
80ish	1
Age-less / Eternal	4
No reply	19

Survey results

Survey results							
Do you agree or disagree with the statements below?	I'm not sure	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree	No reply
1. There is an issue with smoke in the hallways at HGHC.	7	14	11	6	24	14	0
2. There is an issue with smoke in other common areas of HGHC. (For example: lobby, parking garage, courtyard, party room, roof deck, stairwells)	2	13	11	9	26	15	0
3. There is an issue with smoke coming into my unit.	1	16	17	8	16	17	1
4. Does smoke bother you or someone in your home?	2	11	11	5	15	31	1
5. In my household, there is someone with health problems that get worse when exposed to smoke.	4	18	12	7	18	15	2
6. There should be a policy and/or by-law that tries to strike a balance between smokers and non-smokers.	3	10	9	3	30	19	2
7. HGHC should prohibit smoking in all areas of the co-op, including members units. This policy should apply to new AND current members.	7	26	13	4	9	17	0
8. The policy should apply to new members only, and NOT to current members.	3	33	17	6	10	6	1
9. Over a period of time, all units at HGHC should become "smoke-free."	4	20	3	4	16	29	0
10. Provision should be made for current smokers in a separate area inside or outside the building.	4	15	7	10	20	17	3
11. HGHC should provide support to smokers to help them quit smoking.	4	16	4	12	21	18	1

Responses in the comments box:

- 30 surveys (39%) included comments
- Themes:
 - Smoke drifts into units (7 comments)
 - Smoke comes in through windows (6 comments)
 - Smoking should not be prohibited in units. This would be excessive regulation (5 comments)
 - Smokers should seal their units to stop smoke from drifting (4 comments)
 - There is smoke in the hallways (4 comments)
 - There is smoke in the stairwells (2 comments)
 - Smoke causes damage to units (2 comments)
 - Smoke comes in through the bathroom (2 comments)
- These themes were identified by picking out recurring themes in the comments, with a focus on themes that weren't already represented in the results.

The Grey Cup!

By Lesley Brewer – Newsletter Committee

Today just happens to be the 107th Grey Cup game. Now, I am not a football fan...but that doesn't mean I can't get excited for this game. This year it's between the Hamilton Tiger Cats and the Winnipeg Blue Bombers. It's being called the Drought game since neither team has won in decades but one team has to win. Apparently Hamilton is the favourite. (For the record, I'm writing this before the game).

A little history follows courtesy of the Canadian Encyclopedia on-line and the Football Hall of Fame also on-line.

In 1921 the Grey Cup game became an east-west scuffle for the Canadian football Championship when the Edmonton Eskimos travelled east to play the Toronto Argonauts. Back in 1909, the game was between university teams.

In 1948 the Calgary Stampeders and their fans revolutionized the game into an entire week of celebrations. It became a party for the whole country and was the most watched sporting event in Canada. (Interestingly enough, the game this year is being played in Calgary).

In 1995 an effort was made to change the focus to north-south but that idea fizzled after the 1995 season.

The Grey Cup trophy....

“The Grey Cup is a trophy produced by Birks Jewellers that has been part of Canadian sports since 1909, when it was donated by Governor General Earl Grey for the Canadian football championship.”

And the winner of the 2019 Grey Cup game is....Winnipeg with a score of 33 to 12...yes, I watched the game.

Secrets of the Survey

Submitted by the TV & Internet Working Group

Last month, the TV & Internet Working Group asked you to complete a survey form. Some people found it a little long. Others thought some of the questions were a little weird. (Why ask about home-phone service?)

There is method behind the questions. Explanations like these are best avoided while the survey is being conducted. Like magicians, survey people shouldn't reveal their secrets. Now we can tell you what was going on.

The first thing to understand is that surveys don't always ask for the information they're looking for in a direct way. You may know the answer, but you might not know you know it.

For example, asking about your favourite TV channel tells us about the channels that, collectively, people in our Co-op watch regularly. We can check to see if they're included in a new deal's channel package. Two questions about your home-phone service tell us about how your phone service is delivered. That's important information when it comes to co-location of services. (It's technical and it's important to know to allow you to keep services that are not part of the deal and the suppliers you prefer to deliver them.)

The second thing is about trying to avoid biasing your answers to a survey (having you second-guess what you say or choosing an answer you think we want).

We wanted to know about *your* experience, *your* feelings, *your* opinions. We had an amazing response, over 90 completed questionnaires. Thank you!

Surveys of this kind are not about voting or choosing. They're about information gathering. That information will be used to make a few decisions about the Task Force's work, to guide further research, and when we talk with potential service providers.

Then we will come back to the Board—and you—with our recommendations *and* the reasons for them.

We look forward to talking with you about our findings at a Community Consultation scheduled for Tuesday, February 18.

Stress Busters (Jokes)

Submitted by Paul Harris

Where do baby ghosts go in the daytime?
....*dayscare centre*

What is the smartest animal?
....*fish, they stay in schools*

How much money does a skunk have?
....*one scent*

What type of market you never take your dog?
....*a flea market*

What rock group of 4 famous men didn't sing?
....*Mt. Rushmore*

How do make the #one disappear?
....*add letter g to it-gone*

What's the last thing you take off before bed?
....*your feet off the floor*

Where is the ocean the deepest?
....*on the bottom*

What do you break before you use it?*an egg*

A man rode into town on Tuesday left 2 days later on Tuesday how so?
... *his horse is named Tuesday?*

ToolShare is Growing



We welcome suggestions and questions about donations for our library.

Tools

Allen key set (L-shaped, hex keys)
 Bike pump x 2
 Bike repair kit
 Crow bar
 Hammer Drill (for regular and concrete walls)
 Hammer
 Extension cord (heavy duty)
 Flashlight (large, with clamp)
 Jigsaw
 Ladder
 Level (eg. hanging pictures)
 Measuring tape x 2 sizes
 Paint brushes
 Paint roller and tray
 Painting canvases (for floors)
 Saw x 3 (eg. woodsaw, hacksaw)
 Screwdriver kit
 Wrench x 2 (adjustable)

We own it, let's share it!

Tel: 647-551-9912
Text/Tel: 416-453-3862
Text/Tel: 416-648-0554

Household and Misc. Goods

Carpet /furniture steam cleaner (soap provided)
 Canning pots x 2 large
 Canning prongs
 Chairs, foldable x 4
 Chair, collapsible (eg. picnic, camp)
 Crock Pot
 Flat dolly (heavy duty)
 Food dehydrator
 Grill (electric, portable)
 Hand truck (vertical dolly)
 Ice-Cream Maker
 Inflatable mattress (double)
 Sewing machine
 Tables x 2 (4 feet, 6 feet)
 Tent x 4 people

To give away (as-is condition):

Colour inkjet printer
 Printer

Easy Shortbread Cookies (Cookie Press)

Submitted by Lesley Brewer – Newsletter Committee

found online at Spending with Pennies

PREP TIME 10 minutes

COOK TIME 8 minutes

TOTAL TIME 18 minutes

SERVINGS 40 cookies

Ingredients

1 cup unsalted butter , *softened*

1/2 teaspoon vanilla

1/2 cup powdered sugar

6 tablespoons cornstarch

1/8 teaspoon salt

1 1/2 cups flour *all-purpose*

Instructions

Preheat oven to 350 degrees. Cream butter, vanilla & powdered sugar on medium until mixed.

Add in cornstarch, flour, and salt. Beat just until combined.

Place dough into **cookie press** and press onto an ungreased pan (Or you can make small balls about 3/4" and press flat with fork). Add sprinkles or colored sugar if desired.

Bake 9-11 minutes or just until done. Immediately transfer to a wire rack to cool.

For those who don't know (like me), according to wikipedia, "a **cookie press** is a device for making pressed cookies. It consists of a cylinder with a plunger on one end, which is used to extrude **cookie** dough through a small hole at the other end."

Winter Word Search

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BLIZZARD

COLD

FROZEN

HAT

ICE

MITTENS

SNOW

SNOWMAN

WINTER



BOOTS

FIREPLACE

GIVING

HOLIDAYS

ICESKATE

PINETREE

SNOWBALL

SNOWSUIT

CHILLY

FROSTY

GLOVES

HOTCHOCOLATE

ICICLE

SCARF

SNOWFLAKE

WIND