



Hugh and Cry

Spring
2018 edition



The construction begins!

Above – First days of construction at Hugh Garner Co-op, March 2018. Photo credit – Catherine McKay

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HUGH AND CRY – Spring 2018 NEWSLETTER

Sponsored by Hugh Garner Housing Co-operative Inc.

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Nadine Francis (Chair), Lesley Brewer, Penny Johnston, Lesley Hayward, Ada MacDonald, Catherine McKay

Contributors:

Lesley Brewer, Ada MacDonald, Catherine McKay, Penny Johnston, Neil Mudde, Paul Harris, Michael Barkey

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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.

Summer 2018 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 Summer-themed photos, drawings, articles, recipes and other related ideas. Please send your contributions to hughncry@gmail.com no later than **Friday, June 8th**.

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

Update on Jack Harmer

By Penny Johnston – Newsletter Committee

Jack Harmer, our hard working Board member was taken to emerg at Toronto General mid-January with a bleeding ulcer. After a week he was transferred to Bridge Point rehab hospital. Because he can't walk on his legs unassisted, he uses a wheel chair to go to rehab three times a week to practice walking with a walker.

Bridge Point has let Jack know that in the next month or so he will have to be transferred to a convalescent home. Jack wants to stay in Bridge Point until he has his operation on his knee. So far he has missed two cancellations and hopefully another one will come up soon. Baring that he will have to wait for June if he does not get a cancellation.

He is thinking of Hillcrest Convalescent Home on Bathurst as his next option because it has rehab, so important for his knees.

Meanwhile Joel, our Board president has set Jack up so that he can partake in Board Meetings via cell phone while in Bridge Point.

After Jack's knee operation and rehab for that knee he will be coming back to a 1 bedroom apartment. If you want to visit Jack, phone first and then contact Bernie to take his mail over to him.

The Life and Death of Jadu

Article and Photos by Ada MacDonald – Newsletter Committee

Jadu was born in 2003 somewhere near Sherbourne and the Esplanade. She became a street cat. Maria rescued her and took her home. Maria had another cat. The two cats were incompatible and Maria asked me to adopt her. Jadu lived with me for 14 years. She died on February 20, 2018 of kidney failure.

My roommate Payal, who was from India, named her. Jadu means “Magic” in Hindi.

Jadu was a beautiful orange, female cat with a nip of white under her chin. She craved being patted. She was a loyal and caring cat always at the door when I returned and lying beside me when I sat or slept. She made her preferences known with her body and sometimes her voice as to what she wanted to eat or when she wanted a change of scenery by entering a closet or a box.



Her early life on the street affected her temperament throughout her life. When her nails were removed at the insistence of my roommate, she used her mouth as her defense. She was erratic in this respect. One never knew if she would try to bite when she was being patted. She especially did not like people leaving the apartment and would take a swipe at them as they left. In the early days, she would growl if she did not like something. With time these characteristics diminished, but they never completely disappeared.

After I took her to the vet I was shocked when he said she would not recover. He let me be with her as he injected her for death. I was grateful to be able to console her as she waited. At the same time, I felt regret at not being able to protect her from that death. The experience led me to feel that maybe death is not to be feared.

I don't know what happens to the life of a cat when it is no more. Does it have a soul that rejoins the universe or does it just disappear?



Recipe

Submitted by Leslie Brewer – Newsletter Committee

MIXED GREENS WITH LENTILS & SLICED APPLE

Originally published in EatingWell.com, August 2017

MAKES: 1 serving

INGREDIENTS:

- 1½ cups mixed salad greens
- ½ cup cooked lentils
- 1 apple, cored and sliced, divided
- 1½ tablespoons crumbled feta cheese
- 1 tablespoon red-wine vinegar
- 2 teaspoons extra-virgin olive oil

Top greens with lentils, about half the apple slices and the feta. Drizzle with vinegar and oil. Serve with the remaining apple slices on the side.

Nutrition information:

Serving size: 3½ cups

Per serving: 347 calories; 13 g fat(4 g sat); 14 g fiber; 48 g carbohydrates; 13 g protein; 284 mcg folate; 13 mg cholesterol; 22 g sugars; 0 g added sugars; 2,409 IU vitamin A; 23 mg vitamin C; 145 mg calcium; 5 mg iron; 155 mg sodium; 836 mg potassium

Nutrition Bonus: Folate (71% daily value), Vitamin A (48% dv), Vitamin C (38% dv), Iron (28% dv)

Carbohydrate Servings: 3

Exchanges: 2 fat, 1½ fruit, 1 lean protein, 1 starch, ½ high-fat protein, ½ vegetable

Our By-laws, Ourselves

By Michael Barkey

Working with the By-law Review Committee has been a fantastic education about our co-op and about co-op life in general. The committee is dedicated to the best interest of the members and we present you with the best by-law drafts that we are capable of creating.

Our biggest by-law drafts came to us largely written and approved by the Co-operative Housing Federation of Canada (CHFC) and their lawyers. We are fortunate to benefit from their expertise and there are always legitimate or legal reasons for the suggested changes. The committee examines every word of the drafts, identifies inconsistencies, proposes alternatives and continues this work until our Board of Directors approves the final draft. Then it comes to you, the members, for final approval. With each by-law we sharpen our understanding of our responsibility for ourselves and our community.

It is the goal of the committee to have as much discussion in advance of a GMM for approval. By-laws are delivered as a hard-copy to your door to review in advance of a “Community Consultation” – an open forum where we hope to receive feedback and any amendment proposals. By actively participating in this process we avoid extra-long discussions reviewing the same issues at a future GMM.

Recently we have spent more time discussing the bylaws at GMM’s than at the “Community Consultations”. Sometimes having long conversations about the details is necessary even if many of us lack the patience to do so. But how do we have these conversations co-operatively? How can the conflicts that arise be used to strengthen the community? What patterns do they expose to us? Sometimes the tone of the discussions makes some members silent, lose interest, and just vote

for the sake of moving on (if we even have quorum by that point). Passing by-laws is important, but developing our capacity to work through tough issues as a community is equally crucial.

A clear process and a tighter structure to the meetings will help regulate some of these issues:

- Please read the by-laws prior to the GMM and bring your amendment proposals to the Community Consultations.
- At a recent GMM there were some rude comments made amongst members and toward the invited guest chair. This behavior is not constructive. Let’s respect each other and ourselves at all meetings.
- Part of effective communication is about listening to each other. Members with confident voices who regularly communicate their points of view need to remember that not all members are comfortable speaking up and within groups. Please take time to reflect and listen more in order to open the floor to those with smaller voices.
- A debate is only effective when we are all willing to listen to, and understand, multiple points of view. Can we call our process democratic when only a few are able to be heard?

I estimate the by-law review process will take another 10 years of work. As we march forward, please do your homework, participate in the Community Consultations and help identify the barriers to participation. Pushing for greater accountability and striving for the more elusive co-op principles of self-reliance and responsibility will help us lift each other up, grow, politicize and, ideally, become a catalyst of change in the city.

Compassionate Communications Workshops

By Catherine McKay – Newsletter Committee

What if you could connect with other people, beyond the words or actions they might be using, in order to communicate without judgment or fear of being judged? That lies at the heart of Compassionate Communication.

A group from the Co-Op recently participated in a series of Compassionate Communication workshops. Led by Henry Wai, a certified trainer with the Center for Non-Violent Communication (CNVC), the group went through several exercises designed to help us connect with ourselves and with others, in order to resolve differences peacefully.

In small groups, each participant shared a story about a current situation in their life, positive or negative, that they might be experiencing at home, at work, or anywhere in their lives, while others listened, and then, working from a list of feelings and needs, asked questions about how the story-teller was feeling. For example, "Are you feeling anxious because you need reassurance?" or, "Do you feel hopeful because you need a purpose?" The storyteller then reflected on the questions the others asked, in order to connect with what they were feeling and needing, and to recognize that others had understood their feelings.

Another exercise helped us to understand the steps people go through on receiving a challenging communication. The steps are:

- 1) blame the other
- 2) blame yourself
- 3) check with yourself to acknowledge your feelings
- 4) empathize with the other to find out their feelings

Many people go through the first two steps only. And there is nothing inherently wrong with the initial reaction of wanting to blame the other person or yourself. This tends to be the first reaction on receiving bad news (for example, when a government office tells you they've lost a form you sent in). Steps three and four help us to recognize these feelings, and to move forward from there to a more effective, non-blaming form of communication.

The Center for Nonviolent Communication was founded by Dr. Marshall Rosenberg, a psychologist originally from Detroit. It arose from work Dr. Rosenberg did with civil rights activists in the 1960s, and his methods have been used to peacefully resolve differences at many levels, from the personal to the political.

According to its website, "Nonviolent Communication (NVC) is based on [...] the natural state of compassion when no violence is present in the heart. NVC begins by assuming that we are all compassionate by nature and that violent strategies—whether verbal or physical—are learned behaviors taught and supported by the prevailing culture."

(<https://www.cnvc.org/>)

The third and final Compassionate Communications workshop is scheduled for Thursday, March 29, from 7:15-9:30 p.m. in the 8th floor party room. It is not necessary to have attended the previous two, so you are most welcome to attend this one.

For more information on non-violent communication, you may want to have a look at these websites:

<https://www.cnvc.org/>

<https://www.nonviolentcommunication.com/>

**REMINDER – deadline to submit for the next newsletter
is FRIDAY, June 8th**

HELP WANTED!

**The Hugh Garner Co-op
“Aging In Place Committee”
is looking for new members to join them.**

Qualifications are persons interested in all aspect of ageing, a commitment to become involved in Seniors issues at HG and a willingness to work towards this. **Our Meetings** are on the last Friday of the month at noon, but this could be changed if interested.

**Please contact Neil Mudde at
neilmto@gmail.com or 416-660-2417**



On the side...

Earth Day Reminder

A friendly reminder that Earth Day this year takes place on Sunday, April 22nd.



Looking for ways to contribute?

For old and new members alike, if you would like some ideas or recommendations on ways you can contribute to our community, be sure to speak to the office staff during open office hours.

Plan ahead!

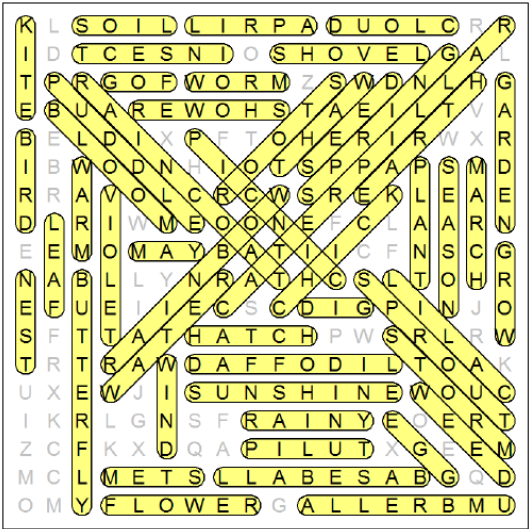
Below please find the Hugh and Cry's newsletter deadlines for 2018:

Summer - June 8th

Fall - Sept. 21st

Winter - Dec. 7th

Answer to Spring Word Search (Pg. 12):



QUOTABLE QUOTES

"Blisters are a painful experience, but if you get enough blisters in the same place, they will eventually produce a callus. That is what we call maturity."

-Herbert Miller

QUOTABLE QUOTES

"You must never be fearful about what you are doing when it is right."

-Rosa Parks

A special thanks to Paul Harris, who submitted a number of quotes to the Newsletter Committee.

Stress Busters (Jokes)

Submitted by Paul Harris

What did the stamp say to the envelope?

---*Stick with me & we'll go places.*

Why do tigers have stripes?

---*They didn't want to be spotted.*

What do you call a snowman with a suntan?

---*A puddle.*

Why did all the bowling pins go down?

---*'Cause they were on strike.*

Why was the glow-worm sad?

---*Her kids weren't very bright.*

What is a computer's first sign of old age?

---*Loss of memory.*

What did the ground say to the rain?

---*If this keeps up I'll be mud.*

What did the tie say to the hat?

---*You go on ahead, I'll just hang around.*

Why did the computer sneeze?

---*It had a virus.*

How can you make god laugh?

----*Tell him your future plans.*

Why does a hummingbird hum?

----*They forgot the words.*

Ten fish are in a bowl & 4 drown
how many left?

----*Fish can't drown.*

If two is a couple and three is a crowd, what is 4 & 5?

----*nine.*

What has 4 legs & flies?

---*Picnic table.*

What room has no walls?

---*Mushroom.*

Recipe

Submitted by Leslie Brewer – Newsletter Committee

QUINOA WITH ROASTED VEGETABLES

Originally published in "The Foodie Physician"

MAKES: 1 serving

INGREDIENTS:

- 1 medium red onion, thickly sliced
- 2 medium zucchini, sliced
- 2 bell peppers (yellow or red), sliced
- 2 carrots, peeled and sliced
- 6-8 whole cloves garlic, peeled
- 3 ½ tablespoons olive oil, divided use
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- Kosher salt
- Black pepper
- 1 cup quinoa
- 2 cups low sodium vegetable or chicken stock
- 1 tablespoon balsamic vinegar
- ½ teaspoon Dijon mustard

Preheat oven to 425°F.

Place the onion, zucchini, bell peppers, carrots, and garlic on a large roasting pan. Drizzle with 1½ tablespoons of olive oil. Sprinkle the thyme on top and season with a pinch of salt and pepper.

Roast in the oven until vegetables are softened and caramelized, 30-35 minutes. If using two baking sheets, rotate the pans halfway through.

While vegetables are roasting, make the quinoa. Place the quinoa and vegetable (or chicken) stock in a medium saucepan and bring to a boil over high heat. Cover the pot and reduce heat to low. Simmer until cooked, 12-15 minutes. Season with salt to taste. Remove from heat and transfer quinoa to a large bowl. Add the roasted vegetables to the bowl.

Whisk the remaining 2 tablespoons olive oil with the balsamic vinegar and Dijon mustard in a small bowl. Pour the dressing over the quinoa and vegetables and toss to combine. Serve warm or cold.

Spring Word Search

© The Holiday Zone



April	fog	puddle	stem
baseball	garden	rainbow	storm
bird	grow	raincoat	sunshine
bloom	hatch	rainy	thaw
butterfly	insect	roots	tulip
caterpillar	kite	season	umbrella
chick	leaf	seed	violet
cloud	lilac	shovel	warm
daffodil	March	shower	water
dig	May	soil	weed
earth	nest	spring	wind
egg	picnic	sprout	worm
flower	plant		