

# Hugh and Cry

Summer  
2018 edition



## A blast from the past...

Images from an old Hugh Garner co-op flyer.

Submitted by Paul Harris

**HOUSING CO-OPERATIVE** **HUGH GARNER**

**A SHARING COMMUNITY**  
Many people can no longer afford the ever-increasing rents in downtown Toronto. Many find apartment living an isolating and unhelpful experience. Hugh Garner Housing Co-op solves these real problems.

**HERE'S HOW IT WORKS**  
All residents are equal members of Hugh Garner Housing Co-operative, a non-profit corporation. Each of us pays a monthly housing charge that covers our portion of the mortgage, heat and operating expenses. There is no landlord and therefore no landlord's profit. Monthly housing charges increase only with increased costs.

**MORE THAN AN ECONOMICAL ALTERNATIVE**  
Our Co-op offers opportunities to all. Each year we elect 100 members of the Co-op from among the residents. In return for membership, the co-op with the assistance of local staff committees, such as mortgage reduction, education, finance, maintenance and recreation, set up its facilities and programs. The Co-op is a place where people can live, work and play. Major decisions on co-op policies, budgets and housing charges are made by the members from the right and the responsibility to vote.

**IN THE HEART OF TORONTO**  
The co-op is a community where we know our neighbours, where we can rely on each other. We are a place where we can live, work and play. The co-op is a place where we can live, work and play. The co-op is a place where we can live, work and play.

**FINANCING**  
The co-op is financed under a federal government program that provides the mortgage for 90% of the purchase price. The co-op is a place where we can live, work and play. The co-op is a place where we can live, work and play.

**OUR CHOICE**  
We have chosen co-operative living because it is a specific alternative that we can choose in the decisions that affect our community. It is affordable housing. There is no standard profit. It is composed of people of varied incomes, occupations and backgrounds.

**The Co-op**  
Hugh Garner Housing Co-operative is a place where we can live, work and play. The co-op is a place where we can live, work and play. The co-op is a place where we can live, work and play.

### ALSO IN THIS ISSUE:

#### Co-op Info

In memorandum  
Winners of the 2018 bike raffle  
Laundry Room Etiquette  
Senior Exercising sessions at Hugh Garner

#### Budget-conscious Cooking

Healthy, nutrition tips by Carolynne Crawley

#### Recipes

-West African Sweet Potato Soup  
-Spicy Oatmeal Hot Cereal  
-Home made Laundry Soap (not for eating!)

#### Also:

The difference between "affordable" housing  
& "co-operative" housing  
Online Learning  
Book review  
... and TWO puzzles!!

## HUGH AND CRY – Summer 2018 NEWSLETTER

Sponsored by Hugh Garner Housing Co-operative Inc.

### Newsletter Committee:

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

### Contributors:

Lesley Brewer, Ada MacDonald, Catherine McKay, Neil Mudde, Paul Harris, Michelle Demeyere, Jean Dunlop, Joel McCallum, Margaret Oldfield

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](mailto:hughncry@gmail.com)

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

### Fall 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 Autumn-themed photos, drawings, articles, recipes and other related ideas. Please send your contributions to [hughncry@gmail.com](mailto:hughncry@gmail.com) no later than **Friday, September 21<sup>st</sup>**.

### 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](mailto: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*

## 2018 Bike Raffle Winners

On behalf of The Green Committee

Congrats to Nahla and Gabe on winning a bike in this year's bike raffle!

A warm thank you to all members who contributed and bought raffle tickets.



# Remembering Odi San Juan and Ravi Kumar

By Lesley Brewer – Newsletter Committee

Within the space of approximately a month, our co-op lost two long-time members: Odi San Juan and Ravi Kumar.

Odilon (Odi) and his family came to our co-op in 1990. Odi was a man that so many of us were deeply fond of. At one point he was on the Board of Directors and the Finance Committee.

It was not uncommon to see him in the laundry room chatting with people as we all laundered our belongings. Always, he was polite and helpful. Even while ill, he continued to do the laundry though only making brief conversation with a few. This, too, was the case with GMMs, especially Budget meetings where his career as a Chartered Accountant proved to be very helpful. In spite of illness, Odi also continued to do the family groceries at Food Basics and No Frills.

His widow, Rosalie and son Patrick continue to live at Hugh Garner as well as his daughter, Karen and her sons.

Ravi Kumar was a quiet man that not many people really knew. As the notices posted about his passing indicated, he joined our co-op in roughly 1989. Before suffering a massive heart attack, Ravi had been a nuclear physicist. He had many interests and was fluent in French, having been born in Geneva, Switzerland. Most recently, he was on the Finance and Aging in Place Committees. Some of his many books found a home in our laundry room library.

His daughter Saro lives and works in England.

Thanks to Karen, our administrator, Karen San Juan, Odi's daughter, and Saro McKenna, Ravi's daughter for providing information.

We will miss both men and their involvement in our co-op.

# Seniors Exercise Sessions at Hugh Garner: One woman's experience

By Jean Dunlop

I'm sure everyone's seen the monthly calendar posted in the elevator and bulletin boards around the building. Have you noticed the twice weekly Seniors Exercise sessions offered Monday and Wednesday from 10am to 11am (except Holidays) in the Party Room? I did and wondered what those seniors got up to during those sessions.

I briefly considered joining but didn't think extra exercise was for me considering the pains I experience every day. I felt I did enough moving around by going out several times a week for walks to grocery and convenience stores, I made the bed daily, ambled to the kitchen for cups of tea and frequently ran to the bathroom. Anyway, I didn't think I was old enough to participate. Plus, I'm a bit 'chubby' and not fond of the idea of revealing my flabby thighs during an upward move and wasn't even sure I'd be able to do whatever it is they did. What if they turned me away? What if I made a fool of myself? Agghh....I couldn't be bothered and didn't.

Recently, during an appointment with a medical specialist and then later the same week at my monthly GP visit, each advised me to find a gentle exercise program to help with my severe pains and stiffness.

To be honest, I haven't really exercised since the 80's...yes that's correct...the last century. Memories of running downstairs at 6:30am to switch on the 30 Minute Workout, jumping up and down enthusiastically, nimbly mimicking the images on the screen raced through my head. Those were the days! OK, I replied to the doctor, I'll look into it. That's when I remembered the Seniors Exercise sessions offered in my building. How convenient is that!

The next Monday morning I plucked up the courage to drag my tired, aching body to one of the sessions. I brought my cell phone with me just in case there was a need to call 911....only joking. Inside the Party Room, I saw a group of my neighbours, familiar, friendly faces, people I'd seen many times over the years. I entered the room and was enthusiastically welcomed by everyone.

The session began promptly at 10am. The instructor was wonderful. In her soft, calm voice she demonstrated each simple step. We did gentle movements of shoulders, neck, arms, wrists, fingers, knees, ankles and strengthening exercises to enhance mobility, flexibility and strength. I can do this, I thought. There's nothing to it. Breathing deeply, following every move the instructor made, and sometimes finding myself several steps behind everyone else, I was doing OK. If I found it too tiring, I could continue at a slower pace. It was fun and invigorating. I was happy there were no expectations to prove oneself. I wished I had started sooner. I've been to several sessions now and always look forward to the next.

Here at Hugh Garner Cooperative, I feel very fortunate to have this wonderful program right on my doorstep and it's free. The sessions are available to members 50 years and up and the classes are limited to 15 people. Give it a go. I'm sure you'll be glad you did.

A very big thank you to the Aging in Place Committee for bringing this fabulous program here.



# Co-op Updates

Submitted by Ashley Winders – HG Office Co-ordinator



### PARKING AND BICYCLE SPOTS

It has come to the Office’s attention that some Members are parking in both vehicle and bike-up spaces that not assigned to them. Some Members have been relocated due to leaks and Podium Project. Please email the Office Staff if you are unsure of your assigned spot.

Please be advised that ***Members will be tagged and towed at their own expense.***

There is NO VISITOR or Temporary Parking Passes during and up to the completion of the Podium Deck Project. We suggest City Street Parking and advise that you pay attention to Street Signs and Parking Hours.

In the event long terms parking is required, a City of Toronto Parking Permit is the best solution during this time. You can call The City at 416-392-7843 or log onto their website at [www.toronto.ca/transportation](http://www.toronto.ca/transportation) for further information.

There is also NO PARKING OUTSIDE OF THE OFFICE DRIVEWAY or Building Entry or Breezeway. Theses spots need to be left clear for Wheel-Trans/ Taxi Pick-Up and Drop Off, Contractors and Emergency Personnel.

Bicycle Spots are assigned by the office before use. If not, the lock will be cut and the bike will be confiscated and donated to a charity.  
*(more Co-op updates on next page)*

## OFFICE HOURS

We truly value all of our members and their friendliness. However, during closed office hours the staff truly needs to get work completed, to address your issues more efficiently and thoroughly, especially during the Podium Deck Project in particular. Quiet time is rare, as we are sure you can appreciate.

***Also, Please Note: Packages/Deliveries*** for Members should be picked up **DURING OPEN OFFICE HOURS:**

- Monday*** 9am – Noon & 5pm – 7pm
- Tuesday*** 9am – Noon
- Wednesday*** 2pm – 7pm
- Thursday*** 9am – Noon & 2 – 5pm
- Friday*** 9am – Noon

**THANK YOU  
FOR YOUR CO-OPERATION!**



### NEW FISCAL YEAR UPDATE

New Housing Charges come into effect Friday July 1, 2018.

Please refer back to your delivered notice from April 30th, 2018.

If there are any issues kindly see Linda in The Office.

# Co-op Update - Laundry Room



## Laundry Room Hours:

5:00am to 11:00 pm daily.

Please ensure that your clothes are finished washing and drying by closing time.

## Specially Allocated SCENT FREE and PET FREE Washers and Dryers:

It has been brought to the Office's attention that some members are not adhering to this policy, causing issues for the other members that do need to use those specific washers and dryers for health reasons. Please be respectful and mindful of this as we all share the space and machines, and are trying our best to accommodate the needs of all members.

## Defective Machines:

Kindly remember to call Coinamatic at  
**1-800-561-1972**

when there are issues with the machines. Also, please use the signs provided so other members are aware that a call was placed and machine is out of service. Once you have called Coinamatic, please let the office know as well.

## Laundry Room Tips:

### **Always Leave the Door Open Between Cycles.**

The rubber seal around the door can start to smell over time. Washing machines are designed to hold in water, so if the front door stays closed between wash cycles, it ends up holding in all the moisture from the previous wash. To prevent foul odors from stinking up your washer, leave the door open between cycles, which allows the rubber gasket to dry.

### **Choose the Proper Wash Cycle.**

In many machines, the whites cycle is meant for use with bleach, usually including a secondary rinse to get rid of any lingering smells. Using it without bleach may not get your whites white, while adding bleach to some cycles might leave a scent of bleach in your clothes. Also consider the delicate cycle, which can save you money by not wearing down your clothes as quickly.

### **Clean the Lint Trap.**

This seems obvious, but plenty of people skip this step. Lint is very flammable (some take it with them on camping trips to help start fires), so a line clogged with lint poses a very real fire hazard.

### **Don't Over-Dry Your Clothes.**

This can cause colors to fade, cause clothes to shrink, and wear out your washer more quickly. One standard cycle is usually enough.

### **Use Appropriate Settings.**

Your dryer has multiple settings and cycles for a reason, folks!

### **Don't Overload the Dryer.**

This could result in longer drying times, which uses more electricity and wears out the dryer sooner.

# Laundry Room Commentary

By Lesley Brewer – Newsletter Committee

Is it just me, or are other members noticing that people **other than** those with allergies to fragrances and/or pet hair are using the machines specifically designated for those individuals?

I confess that old habits die hard. We were used to simply going to the first available machine; however, the fact is, there are a significant number of members in our co-op that have severe environmental allergies and the rest of us need to respect that.

I recognize that there are those who are extremely allergic to, for example, cat hair, but who choose to use a scented detergent and consequently may be forced to use a machine previously used by a cat person (Now, I *know* cat hair is *really* hard to get off anything...I'm a crazy cat lady). This brings me to yet another issue.

Are there or are there not signs asking us to clean out the front-loading machines of all hair, soap residue and other debris? I do this. So far, I have found a token and \$2.30. I happen to use tokens and depending on where I go, \$2.30 could buy or almost buy a coffee. I drink coffee. I suggest we also check the top-loading machines for hair etc.

We live in a co-op. Please let's respect the needs of all our members when using the laundry room and everywhere in the co-op.

# The Benefits of Making Your Own Laundry Soap

By Michelle Demeyere – Green Committee

Making your own laundry soap can be easy, save you money, help protect your health, protect our water system and your clothes. Here's how:

## **You are protecting your health**

Home-made detergents are often made of 3-4 ingredients that easily biodegrade. Harsh chemicals in conventional cleaning detergents (e.g.: many chemicals in fragrances), can cause skin sensitivities or allergies and respiratory issues. Some cleaning product chemicals such as parabens and benzenes have been linked to various kinds of hormone and immune dysfunctions or cancer. (source: [www.ewg.org/guides/cleaners](http://www.ewg.org/guides/cleaners))

## **You are saving the environment**

Harsh chemicals found in laundry detergents become part of the waste water system and end up in streams and lakes (and potentially our food). These harmful substances stay in your clothes and are deposited on many surfaces or, when discarded in garbage, can deteriorate and affect soil and water systems. (source: [www.ewg.org](http://www.ewg.org))

## **Your clothes will last longer**

The chemicals in traditional laundry detergent fade colours in your clothes and can weaken fabric. Natural laundry detergent can protect colours and fabric. They remove dirt and odors just as effectively as generic laundry detergent.

## **Good Scents Make Sense**

You can create your own favourite scent by adding essential oils of your choice. Many essential oils, such as citrus oils such as lemon, grapefruit or orange, or others such as thyme or tea tree oil have the added benefit of having strong anti-bacterial properties.

## **You don't need fabric softeners**

Due to the make-up of some homemade laundry soaps, that include essential oils, or a bit of oil already as part of the soap ingredient, these can help keep clothes soft naturally.

## **Best of all - You save money!**

It's easy to make big batches of laundry soap, that will last for months, for less than \$10.

Keep your eye out for Party Room workshops to 'make our own laundry soap' over the next few months (ingredients provided by the Green Committee). AND.... free laundry soap samples handed out in the lobby e.g.: Friday June 15 from 5 – 7pm and on future dates, to be announced.



Next up in Hugh' n Cry: more tips about laundry care and money savings with suggested alternatives to dryer sheets.

**Liquid Laundry Soap Recipe** ~ *shared by Hugh Garner member who has perfected his own home-made, VERY economical liquid laundry soap.*

- ½ cup baking soda
- ½ cup hydrogen peroxide (a simple oxidizer or disinfecting/ bleaching agent –\$1 at Dollar store)
- 1 cup water

#### Instructions:

Combine in glass jar, shake and use ½ cup of this solution in place of liquid laundry detergent

#### **Recipe for Large amount of Liquid Laundry Soap (for smaller amount, cut ingredients in half)**

1 cup borax

- 1 cup washing soda (or baking soda)
- 1 cup castile soap (can be a plain soap bar grated, or liquid Dr. Bronner's castile soap)
- 10-20 drops essential oil of your choice for scent and anti-bacterial benefits (optional)
- 17 cups water

#### Instructions

In a large saucepan, bring 6 cups of water to a slight boil. (if using soap flakes or grated soap, include with water before boiling). Once the water begins to boil, turn off the burner and add the Borax and Washing Soda. Stir to dissolve.

In a large bucket, combine the remaining 11 cups of room-temperature water (and 1 cup Dr. Bronner's Liquid Soap if using liquid soap)

10-20 drops Essential Oil (optional).

Pour the hot Borax mixture from the saucepan into the bucket.

Stir the mixture together.

Pour your mixture into desired storage container. I use a glass jar or several plastic containers.

As the soap sits, the mixture *may* form into a gel. There may also be liquid and gel separation, simply stir or shake. This is normal. I use 1/8-1/4 a cup of soap per load of laundry. For stains, I use a small amount of soap directly on the stain. The gel will dissolve in the water of the washing machine.

*\*Instructions for use: ¼ - ½ cup (or less) per load of laundry. Lasts for 50 – 80 loads of laundry.*

Second recipe taken from website:

<https://livesimply.me/2014/02/11/homemade-liquid-laundry-soap-all-natural-detergent/Ingredients>

# On the side...

## Vote for Joel!

The upcoming City elections are on October 22, 2018. Hugh Garner Member Joel MacCallum is a Candidate for School Board Trustee, Ward 14. If you would like to help the campaign, please email [info@votejoel.ca](mailto:info@votejoel.ca)

## 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:

**Fall - Sept. 21<sup>st</sup>**

**Winter - Dec. 7<sup>th</sup>**

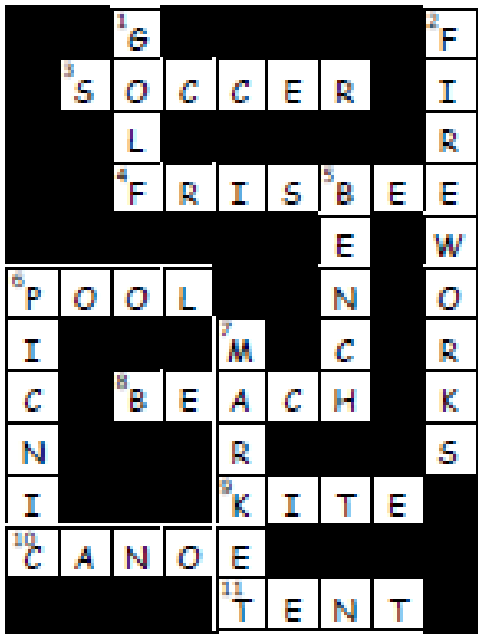
### QUOTABLE QUOTES

*"If our expectations—if our fondest prayers and dreams are not realized—then we should all bear in mind that the greatest glory of living lies not in never falling, but in rising every time you fall"*  
-Nelson Mandela

## Let us know what you think...

The Board of Directors would like to remind all members that if you have any questions, comments or concerns, please email us at [Board@hughgarner.com](mailto:Board@hughgarner.com) or write us a letter marked private and confidential and leave it at the office. Member feedback is always welcomed!

### Answer to Crossword (Pg. 22):

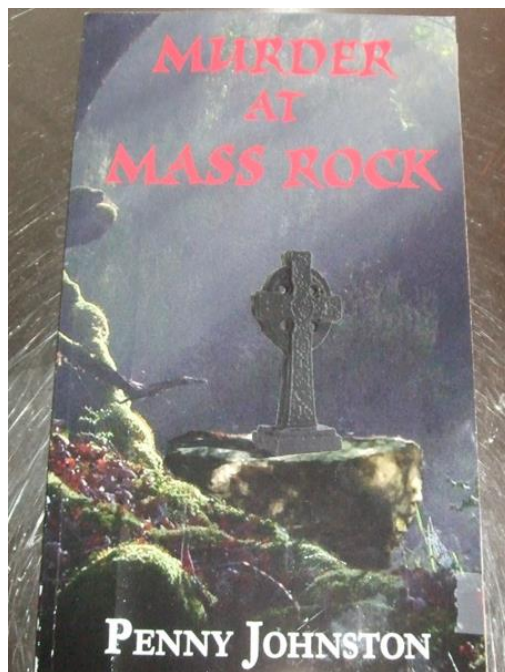


### QUOTABLE QUOTES

*"Perhaps the comfort in all the frightful news one reads is that it's still news."*  
-Luis Dudek

# Book review - Murder at Mass Rock

By Neil Mudde



Our Hugh Garner "Writer In Residence" Penny Johnston aka Penelope Johnston has just completed another one of her delightful mystery novels, the title being "Murder at Mass Rock".

Once again it is a wonderful spun tale of mystery and mayhem, set in Ireland, giving you a real sense of life in Ireland. Penny brings each character in the book alive in a very unique and interesting way.

I read the book in one shot as I simply wanted to know "whodunnit" and yes, I was totally surprised by who the perpetrator was.

I would highly recommend this book, great summer reading, or as a gift, Penny assured me she discovered through her research in history that Mass Rocks are very real, and were used in years gone by to celebrate Mass.

The novel being a mystery, I do not want to give away the plot and spoil it for you, let me suggest you connect with Penny who has her book for sale at a bargain price of \$20.00 which is a great deal considering the fact of the many hours Penny spent in creating this book.

To buy: Apartment 507 Tel #: 416-968-7945 between 9 am and 6 pm

It is \$20.00 well spent! Penny is currently working on her next book.

# Online learning for entertainment and enlightenment

By Catherine McKay – Newsletter Committee

It started with unfinished business: I had studied Calculus in high school and even got a decent mark, but I never really understood the point of it, and that bothered me. Someone told me about Khan Academy, so I decided to try calculus, thinking that maybe as an adult it would make more sense. But then I got lost along the way, doing algebra and geometry. Maybe I'll get to calculus eventually.

Not much later, I heard about Duolingo, an online language-learning program, and decided to brush up on languages I had learned in high school and university: French, Spanish, German and Italian. Then Duolingo introduced an Irish course, and that was a language I had always wanted to learn, since my ancestors would have spoken it.

I confess: I'm a learning addict, and languages are high on my list. The Khan academy stuff dropped off and I started adding languages. I've added Swedish and Portuguese and am waiting for the Swahili course to add audio before tackling that one. I've started learning Mandarin on memrise, another learning application with a lot of languages.

Next came a course on Indigenous history offered by the University of Alberta through coursera.com; then another Irish course, and one on Parkinson's disease through futurelearn.com.

There are many online courses these days, and you can learn just about anything. Many are free and are aimed at people who may not have a lot of time to spend each day. These courses can be used to help students of all ages, and at all levels, to strengthen skills, or to learn new skills.

These are just a few online resources:

[duolingo.com](https://www.duolingo.com) (desktop and/or app): Duolingo is all about teaching people languages, from English to another language; or from another language to English and other languages. They add new languages regularly. You can learn on a desktop or through a phone or tablet app. These courses can be used by school students and classes, as well as by adults who wish to learn a new language.

[memrise.com](https://www.memrise.com) (desktop and/or app): Memrise offers courses in languages, maths and science, the natural world, history and geography, memory training and more. The courses are member-created, and anyone can create one. Courses work somewhat like flash cards, and range from very basic short courses that someone might have created to help them learn a particular subject, to more complex ones that can take you from the basics of a subject you're interested in to a more advanced level.

[khanacademy.org](https://www.khanacademy.org) (desktop and/or app): Founded by Sal Khan in 2005 as one man tutoring his cousins in math, Khan Academy now offers courses in maths at any level from Kindergarten to University; computer programming; science and engineering; and test preparation for admissions tests such as SAT and GMAT.

[coursera.org](https://www.coursera.org) (desktop and/or app): Partnering with universities and organizations all around the world to provide courses online, Coursera offers courses from shorter free ones (with the option of paying to receive a certificate once you've completed the course) to university-recognized degrees at various rates. (The course I completed with them was Indigenous Canada, offered by the University of Alberta.)

[futurelearn.com](https://www.futurelearn.com) (at present, there is no app, although their website says the courses are designed to work correctly at all browser widths, including phones and tablets.) Much like [coursera.org](https://www.coursera.org), you can take courses on a variety of subjects, from shorter ones (free, or pay to upgrade to have longer access and receive a certificate) to degree programs. (The courses I signed up for through them are Irish courses offered by Dublin City University, and a course on Parkinson's Disease by the University of Birmingham.)

[tpl.ca](https://www.torontopubliclibrary.ca): Last, but certainly not least, the Toronto Public Library allows people with library cards free access to more than books. You can learn technology and job skills through [lynda.com](https://www.lynda.com); languages through Mango languages; test prep for English as a second language, or English grammar for any level; practice for university standardized tests such as LSAT, GMAT; and homework help for students from K-12. The direct link to e-learning is <https://www.torontopubliclibrary.ca/elearning/>



# 20 Sneaky Ways Restaurants Trick Customers Into Spending More Money

Submitted by Paul Harris, excerpt from article by Clayton Aldrich

- 1. They use over-the-top adjectives to describe their menu items:** If you've been out to eat recently, you've likely noticed that instead of calling something like Buffalo wings as, simply, "Buffalo wings," menus will describe them in ways that make you salivate. (Think: "tender" or "juicy.")
- 2. They avoid using dollar signs on their menus:** Most restaurants know that their diners are eating on a budget, so they'll avoid using this symbol so as not to remind you that you're spending money. Who knew that without the accompanying symbol, people are much more willing to spend their cash?
- 3. They price items so you'll buy more:** Have you ever noticed that menu items ending in .99 cents always seem that much cheaper than those with a full dollar amount? Well, this psychological trick really works. Some restaurants will even dip their prices to .85 or .89, because it seems much less expensive to customers.
- 4. They give menu items family names:** Which sounds more enticing: "spaghetti dinner" or "Grandma's homemade Italian spaghetti?" The latter, of course! Almost everyone is going to spring for the meal that makes them most nostalgic for their own grandmother's cooking.
- 5. They give their mundane menu items authentic-sounding names:** This is most common in Italian restaurants, especially in chains like Olive Garden. Calling the soups and salads section Zuppa e Insalate just sounds so much more appetizing, right?
- 6. They tag-team with big brands to make you want more:** Not only are people more likely to buy products from brand names they trust, but they do so because it sounds more legitimate. That's exactly why TGI Fridays sells so much of their Jack Daniels BBQ sauce burgers and ribs.
- 7. They place expensive items close to other more expensive items:** Known as anchor items, when you see an expensive item close to one that's even more expensive, you're more likely to spring for the lesser of the two. But guess what: you're still spending more than you would like to!
- 8. Certain items are highlighted to make them seem more special than they are:** Take a look at the Chef's Special section below. Notice anything special about those items? No, they're mostly more of the same that you can find on either side of the menu, but because of the name, you're more likely to purchase those more expensive products.
- 9. The second-least expensive wine will be priced higher than it's worth:** This may seem strange, but it's because people don't want to buy the least expensive wine from the list—no one wants to look cheap—so they'll typically spring for the second least expensive. With that logic, they get you to spend more while you believe you're spending less.

**10. They purposely make it hard to compare prices:** There are many ways that restaurants make it difficult to compare prices of two items. Either they'll hide the prices in strange places, use wacky fonts, or put items on different pages.

**11. They utilize the "right next door" tactic:** This trick has a direct connection to anchor items. It's typically just a little less expensive than those items and just so happens to be placed right next to them. So when you crave the anchor but can't afford it, guess where you're headed... right next door!

**12. They make the most bland items sound tasty with buzzwords:** Have you ever noticed that healthy restaurants have a tendency to call items like beets "beet roots?" That's because it makes them sound special, but really, beets are roots, so there's nothing special about that item at all. It just costs more!

**13. Menu item placement is crucial:** Research has proven that people tend to look at the top-right side of a menu first. As a response, they'll place their most expensive items there, and they place the least expensive on the bottom-left and make it harder to read with small fonts.

**14. They put regular items in photo boxes:** While they're pretty sure they can hook you with just a savory description of their food, they know that by adding a mouthwatering photo, you'll be more likely to actually buy that item.

**15. They keep their portion sizes vague for half-sandwich, half-soup deals:** This technique is known as bracketing. Essentially, the half sizes are usually more expensive, so you still pay more even though you're getting less. They also don't tell you the full size, so you have no way of knowing how much food you're actually ordering.

**16. They know what item you're going to buy:** There's a good chance that the restaurant knows what you're going to buy before you even order. That's because most people choose the first item from any given menu section. With that knowledge, restaurants will drive up the prices of those items.

**17. Owners and management will incentivize the servers to super-sell a particular item.** It could be a drink special, a fish dish that features a fish that's about to go bad, what have you. The server who sells the most of the item during that shift can win a prize, which may just be cold hard cash.

**18. They offer foods in two portion sizes:** This strategy is called bracketing. The customer has no idea how much smaller the small portion is, so they assume it's the best value price because it costs less.

**19. Through features such as "try all" samplers, tapas, or fixed menus, restaurants remove the heavy responsibility people feel when choosing what to eat.** It is much more effective for restaurants to limit their selection. Apparently, the optimum number of menu items is six items per category in fast-food restaurants, and seven to 10 items per category in fine dining establishments.

**20. According to psychology research from the University of Leicester, playing classical music in restaurants encourages diners to spend more, because it makes them feel more affluent.** Meanwhile, less sophisticated pop music caused people to spend 10% less on their meals.

# BIG Summer Word Search

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N	N	I	E	V	I	R	D	D	S	G	I	L	S	E	N	L	T	E	B	S	A	G
E	W	A	A	V	L	N	T	H	E	N	O	C	W	O	N	S	E	S	O	R	I	N
V	K	O	B	O	A	T	I	N	G	O	L	F	I	L	E	F	T	K	U	E	N	I
A	O	I	O	S	I	V	N	N	H	I	N	T	O	U	L	S	R	R	R	G	O	L
W	B	P	A	I	O	R	I	C	F	L	A	B	O	R	D	A	Y	O	O	O	U	I
T	O	M	A	T	O	E	S	E	L	C	I	S	P	O	P	A	B	W	B	H	N	A
A	S	D	N	U	O	R	G	Y	A	L	P	U	K	L	I	O	N	E	A	K	S	S
E	S	S	N	N	E	U	E	V	O	I	I	M	A	C	R	T	D	R	S	V	E	N
H	I	E	A	M	A	N	T	I	U	S	G	N	I	H	T	A	B	I	U	A	U	S
U	C	C	M	R	I	S	U	B	C	F	O	S	C	S	N	Y	S	F	N	U	B	P
M	M	U	D	P	G	N	R	J	C	I	I	O	M	O	D	L	O	T	B	L	A	C
I	S	O	D	D	S	N	I	A	T	N	U	O	M	I	A	U	S	A	L	N	R	T
D	E	A	S	O	O	C	E	A	N	N	B	E	V	K	F	J	I	N	O	I	B	S
I	A	S	N	Q	A	T	N	E	T	E	L	I	E	B	S	F	R	S	C	S	E	H
T	S	A	U	D	U	D	T	Y	R	U	N	K	E	E	R	O	C	K	K	I	C	I
Y	H	O	C	N	C	I	F	M	N	G	R	R	P	U	H	H	E	W	K	K	U	R
S	E	Y	F	S	G	A	T	R	B	A	R	E	F	O	O	T	K	S	E	S	E	T
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F	H	C	A	E	B	N	U	D	Z	L	S	F	R	R	C	A	R	N	I	V	A	L
R	R	L	S	E	N	C	O	N	V	E	R	T	I	B	L	E	A	G	R	R	L	N
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A	I	R	C	O	N	D	I	T	I	O	N	I	N	G	C	I	N	C	I	P	E	N

AIR CONDITIONING	GOLF	SANDALS
AMUSEMENT PARK	GREEN GRASS	SEASHELLS
ANTS	GRILL	SHORTS
AUGUST	HEAT WAVE	SLIDE
BARBECUE	HUMIDITY	SNORKEL
BAREFOOT	ICED TEA	SNOW CONE
BASEBALL	JULY	SOFT FREEZE
BATHING SUIT	JUNE	SUMMER
BEACH	LABOR DAY	SUMMER SCHOOL
BERRIES	LAKE	SUNBLOCK
BLUE SKIES	LEMONADE	SUNBURN
BOARDWALK	LIFEGUARD	SUNGLASSES
BOATING	MINIATURE GOLF	SUNNY
CAMP	MOSQUITOES	SUNTAN
CANOEING	MOUNTAINS	SURF
CARNIVAL	NATIONAL PARK	SWIMMING
CONVERTIBLE	NO SCHOOL	T-SHIRT
COUNTY FAIR	OCEAN	TENNIS
CRICKETS	PARADE	TENT
DIVING BOARD	PICNIC	THUNDERSTORM
DRIVE-IN	PLAYGROUND	TOMATOES
FIREFLIES	POOL	TRIP
FIREWORKS	POPSICLES	TV RERUNS
FLOWERS	SAILING	VACATION
FOURTH OF JULY	SAND	WATERMELON
GARDEN	SAND CASTLE	WATERSKI
GO-KARTS		

# Healthy Cooking on a Budget

Submitted by The Green Committee

*On June 5<sup>th</sup>, members welcomed back nutritionist Carolynne Crawley for a workshop in the party room to demonstrate cooking "Healthy Food on a Budget". Members said they enjoyed the nutrition tips, hands-on learning and the delicious, healthy food.*

*Carolynne Crawley is a school educator and workshop leader with FoodShare. FoodShare is a food distribution and education centre in Toronto that advocates for affordable access to healthy, locally grown food. Enjoy the health tips and recipes shared by Carolynne below.*

## YOU ARE WHAT YOU EAT

– by Carolynne Crawley, RHN

Our bodies require specific nutrients to function. Many symptoms are an indicator there is a nutrient deficiency or imbalance within the body. It is a signal to us something needs to change. Many of us think it's "normal" or a part of aging. But when we ignore our body symptoms no matter how small, these symptoms can increase over time, and cause other symptoms to manifest, as our body systems are interconnected. When our body systems are compromised we become susceptible to flu, colds, and other viruses and dis-eases.

**Proper nutrition is a vital component of true health.**



Above: Carolyn Crawley, RHN at "Healthy Food on a Budget Workshop" held at Hugh Garner Co-op on June 5th.  
Photo credit – Margaret Oldfield



**HEALTHY EATING & LIVING HABITS:**

**Eat more fresh fruits, vegetables, digestible protein, and whole grains** such as brown rice, quinoa, amaranth, seeds, and whole grain breads and cereals as these foods provide higher quality nutrients.

**Avoid eating on the run** as this creates stress on the digestive system, including bloating and gas.

**Chew your food well** to aid in the digestive process.

**Avoid eating three hours before bedtime** to ensure a restful sleep.

**Limit/avoid eating processed foods** due to the amount of additives and lack of nutrients which are detrimental to the body .

**Try to get an average of eight hours of sleep.**

**Avoid drinking beverages with meals/food** as this dilutes the digestive enzymes and stomach acid necessary to break down and digest foods resulting in impaired digestion. Ideally it is best to drink a half hour prior to eating or an hour afterwards.

**Increase water and fiber intake** to ensure a healthy digestive system. Fiber decreases cholesterol, absorbs toxins, and prevents colon cancer.

**Be aware of your emotions while eating -** Eating in a stressful state of mind will limit digestion or cause the digestive system to shut down resulting in poor absorption, gas, and bloating. Also be aware of emotional eating. Many of us are emotional eaters and tend to eat unhealthy foods when stressed.

**Find healthy ways to cope with stress** as stress will encourage excess cortisol (hormone) to be produced resulting in the immune system to weaken, altering the vitamin mineral balance within the body, and decreases fat burning.

**Include regular physical activity in lifestyle** to stabilize blood sugars, decrease stress, induce body fat burning, and enhance mood. A minimum of three times a week of 30 minutes.

*(More from Carolynne Crawley, RHN, including recipes, on pgs. 20-21)*

# What is the difference between “affordable” housing and “co-operative” housing?

By Ada MacDonald – Newsletter Committee

## AFFORDABLE HOUSING:

The Ontario Government defines affordable housing as:

“in the case of rental housing, the least expensive of:

1. a unit for which the rent does not exceed 30 percent of gross annual household income for low and moderate income households; or
2. a unit for which the rent is at or below the average market rent of a unit in the regional market area.” (Provincial Policy Statement, 2014)

The Federal National Housing Strategy defines affordable housing as:

Housing that “rents at less than 80% of median market rents, for a minimum of 20 years”

Also, “launching in 2020, the Canada Housing Benefit will provide affordability support directly to families and individuals in housing need, including potentially those living in social housing, those on a social housing wait-list, or those housed in the private market but struggling to make ends meet. The Government estimates that the Canada Housing Benefit will deliver an average of \$2,500 per year to each recipient household.” (National Housing Strategy)

## CO-OPERATIVE HOUSING:

A housing co-operative is an association of persons who voluntarily choose to live together to meet their economic, social, and cultural needs and aspirations through democratic control and financial and functional contributions by its member residents, following co-operative principles and values, to build community.

While the main purpose of a housing co-operative is jointly meeting the economic, social and cultural needs and aspirations of its members, the co-op is more affordable than equivalent private housing because there is no landlord and members voluntarily contribute to the working of the co-op.

‘The original Co-op Principles were developed in Britain in 1844 - by a group of weavers. This was the first successful co-operative, and they agreed to work under a set of principles. These were called the “Rochdale Principles” after the group - the Rochdale Weavers. This set of principles served co-operatives well for a long time. In 1966, the International Co-operative Alliance approved a different wording for ... co-operative principles.

**CO-OPERATIVE PRINCIPLES**

**1. Open membership**

Co-ops are open without exception to anyone who needs their services and freely accepts the obligations of membership.

**2. Democratic control**

Co-ops are controlled by their members, who together set policy, make decisions and elect leaders who report to them... Each member has one vote.

**3. Economic participation**

All members contribute fairly to their co-ops, which they own in common. ... Surpluses are held for the future and used to improve the co-op’s services.

**4. Independence**

All agreements co-ops sign with outside organizations or governments should leave the members in control of the co-op.

**5. Co-operative education**

Co-ops offer training to their members, directors and staff. Co-ops tell the public what they are and what they do.

**6. Co-operation among co-operatives**

Co-ops work together through local, national and international structures to serve their members.

**7. Community**

Co-ops meet members’ needs in ways that build lasting communities within and beyond each co-op.

**VALUES**

Co-operatives are based on the value of self-help, self-responsibility, democracy, equality, and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.” (Brittany Lane Housing Co-op)

**SUMMARY**

Although co-op housing is affordable, its primary aim is facilitating a caring community.

**Photo Gallery**



Green Committee’s Spring 2018 Bike Wash and Kids Bike Raffle.

# Healthy Cooking on A Budget

(continued from pg. 16)

## READ THE LABEL: INGREDIENTS TO AVOID

by C Crawley, RHN

Grocery stores are filled with boxed, canned, and processed foods, often sidelining fresh, whole foods. The problem is those shelved foods are filled with food additives to prolong shelf life and storage time, to increase flavour and appearance, to replace stripped nutrients during processing, and to make foods easier to prepare.

So what exactly is the problem? Studies have shown some of these additives are toxic to the environment and us. They are approved in small amounts, as they are not considered a problem. When we consume a large amount of processed foods, (e.g.: daily) these toxins accumulate within our body tissues causing havoc on our body systems.

More than 3000 additives are used by the food industry. The average Canadian consumes approximately 150 lbs. of additives annually. Of those 130 lbs. of it is white sugar, 10-15 lbs. is sodium, and 5-10 lbs. is artificial flavours and food colouring.

It is important to be aware of additives and limit our exposure to prepared foods to maintain health and wellness. The following is a brief list of some of the additives to limit or avoid:

**Refined Sugar:** weakens the immune system -promotes calcium loss -imbalance blood sugar levels -depletes vitamins. Refined sugar is found in most processed and fast foods.

**Aspartame:** converts to neurotoxins causing damage to the nervous system - symptoms linked are headaches, memory loss, convulsions, hives/swelling of lips, mouth, tongue, and throat: possible brain damage in infants. Aspartame is found in diet foods, soft drinks, chewing gum, fruit drink mixes.

**MSG** - also known as monosodium glutamate, autolyzed yeast, hydrolyzed protein, glutamic acid, yeast extract, hydrolyzed plant protein, and textured protein -linked to chronic headaches, behavioural issues, decreased concentration, hyperactivity, and weight issues.

**Artificial Colouring:** yellow food dye FD & C #5 (tartrazine) is linked to asthma and ADHD, carcinogenic; found in soft drinks, candy, desserts,

*One of the best choices for maintaining our good health is making our own food, ideally food that your grandmother would have recognized, including eating lots of fresh, plant based food.*

*In the words of food activist and journalist Michael Pollan:*

***Eat Food. Not too Much. Mostly Plants.***

# Recipes

Submitted by The Green Committee, from the files of **Carolynne Crawley, RHN**

## WEST AFRICAN SWEET POTATO SOUP

**MAKES: 4 servings**

### INGREDIENTS:

2 onions chopped  
1 tbsp. oil  
¼ tsp cayenne powder  
2 tsp ground ginger or freshly grated ginger  
2 carrots, chopped  
2 sweet potatoes, chopped  
3 cups water  
2 cups tomato juice (or one large can of diced tomatoes)  
1 cup diced green onion for topping (optional)

In a large pot, sauté onions in oil until soft. Add spices, carrots and sauté for five minutes. Add sweet potatoes and water, bring to a boil, and then simmer covered until vegetables are cooked approx. 30 mins.

Add tomato juice or can of diced tomatoes. May blend soup in blender or with hand blender. Serve with diced green onions (optional). Can be eaten as a soup or over rice.

## SPICY OATMEAL HOT CEREAL

**MAKES: 4 servings**

### INGREDIENTS:

2/3 cup dry oats, regular or instant,  
¼ tsp salt (preferably sea salt)  
¼ tsp ground ginger  
¼ tsp cinnamon  
1-2 pods cardamom (or ¼ tsp powder)  
¼ cup raisins  
2 cups water

Put oats, raisins, salt, and water in small pot and bring to a boil. Reduce heat to low and add rest of ingredients, breaking open cardamom pod to put whole seeds in the cooking cereal. Cover and cook on low until done, about 2 to 10 minutes depending upon the type of oats used.

May be served with maple syrup, coconut, and/or seed milk.



# Word Game for everyone

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## Across

3. Play \_\_\_\_\_.



4. Throw a \_\_\_\_\_  
with a friend.



6. Go to an outdoor  
swimming \_\_\_\_\_.



8. Build a sandcastle  
on a \_\_\_\_\_.



9. Fly a \_\_\_\_\_.



10. Rent a \_\_\_\_\_.



11. Sleep in  
a \_\_\_\_\_.



## Down

1. Play \_\_\_\_\_.



2. Watch \_\_\_\_\_  
on Canada Day.



5. Read on a park \_\_\_\_\_.



6. Have a \_\_\_\_\_.



7. Go shopping at a  
farmer's \_\_\_\_\_.



Art: Gary Pearson