



# HOMEWOOD

*Community Newsletter*

June, 2012



Sunday, June 17<sup>th</sup>, 2012



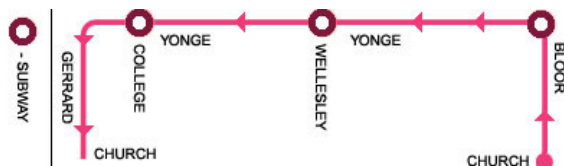
PRIDE WEEK

June 22<sup>nd</sup> – July 1<sup>st</sup>, 2012

Pride Parade

Sunday, July 1<sup>st</sup>, 2012

2:00 pm



# PRIDE

*Happy Pride Week!*

## Pride Facts and Figures

- Pride Week is a 10-day arts and culture festival that celebrates diverse sexual and gender identities, and the lives of Toronto's lesbian, gay, bisexual, transsexual, transgender, queer and questioning communities
- The first pride march in Toronto took place in 1972
- Toronto's Pride Week evolved out of the mass protests that followed the [1981 Toronto bathhouse raids](#)
- The festival includes nine stages spread over 35 blocks in downtown Toronto
- Pride events attract approximately 1.5 million visitors to our fair city
- It is estimated that in 2011 pride week contributed C\$136 million to the city's economy
- Toronto will be hosting World Pride in 2014

The list of events for pride week is currently being finalized and will soon be available at

<http://www.pridetoronto.com/festival/events-calendar>



## Annual General Meeting

Wednesday, June 13<sup>th</sup>, 2012  
Primrose Hotel.  
7:00 pm

On Wednesday, June 6<sup>th</sup>, there will be a double-barreled meeting in the recreation room. Beginning at 7 pm, there will be a **Financial Meeting for discussion of the 2011 Audited Financial Statements. This will be followed by a meeting to meet the candidates for the Board of Directors. There will be the usual question-and-answer format.**

This year, two board positions will be voted on: one for a "standard" position and the other for voting only by owner-occupied suite owners. Both positions will be for two-year terms to 2014. There are only two candidates running, Brian Brenie and Stephanus Greeff.

By now, the owners will have received the full AGM package. This will have all the details, including a copy of the Audited Financial Statement for 2011 and copies of the candidates' statements. You will have these in time to review them before the June 6 meeting.

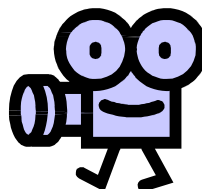


*40th  
Anniversary  
Celebration*

**40 Turns 40  
postponed until September**

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## *Don's Movies For June*

*All movies at 7:30pm in  
Recreation Room*

Friday, June 1

**MARY, QUEEN OF SCOTS** (1971)  
Vanessa Redgrave, Glenda Jackson

Thursday, June 7

**NO HIGHWAY IN THE SKY** (1951)  
James Stewart, Marlene Dietrich

Friday, June 8

**AIRPORT** 1975  
Charlton Heston, Karen Black,  
Gloria Swanson, Dana Andrews, Myrna  
Loy

Friday, June 15

**JANE EYRE** (2010)  
Mia Wasikowska, Michael Fassbender

Thursday, June 21

**ARIZONA** (1940)  
William Holden, Jean Arthur

Friday, June 22

**TEXAS** (1941)  
William Holden, Glenn Ford, Claire  
Trevor

Thursday, June 28

**HERE COMES THE GROOM** (1951)  
Bing Crosby, Jane Wyman

Friday, June 29

**JUST FOR YOU** (1952)  
Bing Crosby, Jane Wyman,  
Ethel Barrymore

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# Green Committee Page

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## Yogurt Containers

Terracycle no longer has an agreement with the company that was sponsoring the return of the yogurt containers so they are not accepting any more.

All size yogurt containers go in the blue recycling bin.

We raised approximately \$100.00 for the Daily Bread Food Bank.

**Thank you for participating in this effort to make the world a greener place. Your support was outstanding.**

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## POP CAN TABS

The Green Committee has located a place to send the pop can tabs, so they have decided to reinstitute our pop can tab initiative of collecting them.

We will be placing several plastic containers in the laundry room similar to the one that used to be in the office. Please place your tabs in the container and it will be emptied regularly by one of the Green Committee members.

The tabs are sold at a metal recycling depot, and the money is saved for purchasing a wheelchair through the President's Choice Children's Charity. The tabs are worth more than the cans because

they are pure aluminum and don't need to have any paint taken off them.

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TASSIMO



## Tassimo T-Disc Recycling

Do you have a Tassimo coffee machine? Do you buy your cup-to-go at a store that uses a Tassimo coffee machine?

As part of our continued efforts to divert waste from the brown bins and to promote recycling at 40 Homewood, your Green Committee has once again teamed up with TerraCycle.

Tassimo T-Discs cannot be recycled through the City of Toronto system, but from May, 2012 onwards, we will ship them off to TerraCycle so they can have a second life. Please place these discs (coffee, tea, espresso, milk, hot chocolate — Tassimo brand ONLY) in the designated container in the Recycling Room container bin.

TerraCycle will recycle the used Tassimo T-Discs and turn them into eco-friendly products like plastic garbage cans, watering cans, benches, cutting boards, hard shells for coolers, playgrounds and plastic lumber.

We'll receive credit and TerraCycle will donate money on our behalf to the Daily Bread Food Bank.

Remember: only Tassimo T-Discs!

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# Green Committee Page

Cont'd.

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## *How Is The City Doing On Diverting From Landfill?*

A recent article in NOW magazine gives an update on landfill diversion. A few years back, City Council set a goal of diverting 70% of trash to recycling rather than to the landfill. We are sort of plateaued at about 47% diversion rate.

Here are the bin numbers for the City: 93,000 tonnes to green bins (organic material); 147,000 tonnes to blue bins (recycling); and 793,000 tonnes of trash to the landfill at Green Lane in southwestern Ontario.

Houses, not surprisingly, do better than multi-unit residential buildings. Houses have a diversion rate of 63% compared to just 18% for multi-unit buildings. That's a big difference. Of approximately 500,000 apartments and condos in the city, only 100,000 have a green bin option. YCC75 here at 40 Homewood is fortunate that we got in at the beginning: it is not clear whether it is difficult now, even upon request, to get a green bin program for a building.

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## *Donations And Dumping*

Residents are asked to NOT get rid of no-longer-wanted belongings by dumping them in common areas of the condominium. If you have some things that you think others might want, please advertise on the laundry room or the website bulletin boards, or consult the list of charities that welcome donations. There is a list of such charities on the website and a printed list just inside the door of the recycling room.

The exception to the condo's acceptance of donations is books for the library. However, residents were asked to hold onto their books while the library is being relocated. Once that is done, there will be

an orderly process for donating books to the new library on B1.

Also, if you see things in the garbage that you think might be good for the condo, you are asked NOT to bring them into the building. There is actually a rule against doing that (5.7 "For reasons of sanitation and infestation, items in the waste bins or set out back for removal are not to be brought back into the building.")

The staff and management try their best to keep the building clean and orderly and should not have to deal with the dumping of miscellaneous items.

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## *Green Committee Supports The 5-Cent Plastic Bag Fee*

There has been much talk recently about the City of Toronto 5-cent plastic bag fee. The 40 Homewood Green Committee supports this fee and hopes that Toronto City Council retains the fee when it votes on the issue, as early as next month.

The Toronto Star reported this week that this fee has cut plastic bag consumption by 215 million bags annually (53 per cent) since 2009 and generates an estimated \$5.4 million in annual revenue for merchants, according to a report from city staff. (Toronto Star May 25, 2012). The fee has clearly been successful in helping to transform the behaviour of Torontonians. We all think twice now before paying for a bag, don't we? Some city councillors have suggested using the funds to help replace the city's aging stock of trees and those destroyed by the recent emerald ash borer infestation. Whether council decides to let merchants keep the 5 cents or allocates it to the tree fund, we feel strongly that the huge reduction in garbage is proof that the program is working.

The Green Committee asks owners and residents to call City Councillor Kristyn Wong-Tam at 416-392-7903 or send her a quick email at [councillor\\_wongtam@toronto.ca](mailto:councillor_wongtam@toronto.ca). Please let her know that you support city council keeping the 5-cent plastic bag fee.

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## IN MEMORIAM



It is regrettable to say that we have lost yet another resident. John MacIntyre died in his home in May.

John moved to 40 Homewood three years ago. He travelled extensively and was away from the building for long periods of time. He was also a master bridge player.

### Rest In Peace, John

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### *Lobby Renovations*

Now that we've been living through lobby renovations for a while, it may be timely to read about other condos and other lobbies and other ideas. The Toronto Star published an article on that subject recently, and it can be found on our website at <http://40homewood.org/information/articles>

Compare and contrast: styles, prices, processes, etc.

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## INDIVIDUAL INSURANCE

*Here is a tip from the newsletter of Miller Thomson law firm. Audrey Loeb of that firm is our condo lawyer.*

Unit owners can better protect themselves by insuring their units with the same company that insures the condominium corporation. This will result in both the standard unit and betterments and improvements being insured and avoid any "holes" in coverage. In the event of a loss, whatever is not covered by the corporation's insurance, including the deductible and other expenses for which the unit owner may be responsible, will be covered by the unit owner's policy. If both the corporation's insurance for the unit and the unit owner's insurance are with the same company, there will be no dispute as to coverage if the damage is the result of an insured peril. Our building policy is with Atrens-Counsel, tel. 905-567-6222.

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## Rotten Eggs

By Don Sangster

I went into a restaurant  
To get something to eat,  
I ordered up 2 soft-boiled eggs  
And then some cream of wheat.

I also asked the waitress  
To bring coffee and some bread,  
But when she brought my order  
This is what I said:

"I think these eggs are rotten,  
They have a funny smell  
They certainly can't be very fresh,  
I'm sure my nose can tell."

"I'll be glad to make amends", she said  
"But only if I'm able  
Just don't blame me for the eggs  
I only Laid the Table."

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## ***Pet of the Month***



## **Ralph**



Ralph is the pride and joy of Margaret Osmond.

Margaret writes:

"Ralph came to live at 40 Homewood when he was 2 months and 2 weeks old. When my previous cat Sweetpea died. I had great difficulty in finding a replacement, there was no cat like Sweetpea.

The day after I returned from a vacation in Florida there was a knock on my door and on opening the door my daughter and her then husband and Ralph walked in. Ralph was so friendly and from that day to now I adored him.

Ralph is now 15 yrs and 6 months old and still beautiful. He is very friendly with people and cats. His friends are Frankie, my sister's cat and Zoe a cat on my floor. His very best friend Princess moved to Cobourg 2 yrs ago.

Recently when his mother went to Peru, Princess stayed with us. Ralph and Princess were best friends again as if they had never been separated.

Ralph loves people and likes to be tickled. He loves sleeping on my bed and usually sits with me when I watch TV."

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## **Q & A**

### **Questions to the Board or Management**

**Question:** Is our unit fuse box a part of the common elements? Who is responsible for it when it gives out?

**Answer:** The fuse box is not part of the common elements. Common elements within units which are currently being inspected are windows and balconies. Those are the responsibility of the condo corporation. Things like the fuse box are the responsibility of the individual owners to maintain, repair and replace, when necessary. This is the same, say, as the toilet or the kitchen sink.

What can make it confusing is that these things may be part of the "standard unit." The standard unit definition has to do with insurance payments in the case of major damage. If, for example, your unit were wiped out by fire, the corporation's insurance would pay to bring the unit back to the original standard.

**Question:** There are three tall, skinny trees out by the cedars around the stairwell next to the driveway. They have brown leaves. Are they dead or in poor health?

**Answer:** No. They're fine. These are "red beech" or "copper beech" trees, and the leaves come out brown (or copper).

**Question:** Will the new lobby floor be slippery?

**Answer:** No. Other than the black sections, the floor is ceramic, not marble. Ceramic was chosen partly for its non-slip quality.



**Question:** When will my wall be plastered and smoothed where they removed the old fire alarm?

**Answer:** After the new fire alarms themselves are all installed, a notice will be posted asking those who would like plastering to notify the office. A number of people have the skills and have done their own, so we will want to know the actual number the contractor will need to fix.

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## *A Little Bit Of Yoga Stretches To Keep Things Moving While Working At The Computer*

*By Danielle Gault*

*(Our neighbour, Danielle, sends this from New Zealand where she is presenting workshops in Reflexology and yoga. In this article are stretches for head, shoulders and arms torso, chest, feet. Entire article is on the website, [www.40homewood.org](http://www.40homewood.org).)*

OK, not everyone gets to sit at their computer in New Zealand close to the ocean but sitting is sitting. So to counteract all that sitting at the computer which makes our mental function feel good about accomplishing cognitive stuff, we still have to take care of the poor old body – the physical function. Doing a few stretches can go a long way to keeping the body flexible, keeping the circulation moving, and keeping the mind from getting overtaxed with too much data.

Here are a few stretches to keep your body from stagnating while working at your computer. We will start with the head and work towards the feet. Take your time and follow your own rhythm. What I have here are simple guidelines but only do what is comfortable for you; if it does not feel right, do not do it.

- Head 1: Let's begin by coming to an exhalation and while exhaling, lower your chin toward the chest. Follow this with an inhalation while lifting the chin

upward. Repeat this movement 3 times. Return the chin back to its normal position parallel with the floor.

- Head 2: Next, exhale and turn your head slowly to the left. Inhale again and then exhale once again while turning your head slowly toward the right. Use the breath to create your movements and rhythms. Complete this movement 3 times.
- Shoulders: Inhale and lift the shoulders up to the ear lobes. Hold the breath for a count of 5, exhale and drop the shoulders. Repeat 3 times.
- Arms 1: Inhale and raise the right wrist upwards towards the ceiling – let it just float up and once it is as high as it wants to go, open the fingers and palms and reach up from the shoulder joint. Hold for a count of 5 and slowly lower the wrist back to the computer table. Repeat on the other side.
- Arms 2: Exhale as you grab your left shoulder with your right hand. Next, with your left hand, press your right elbow into your chest. Hold to a count of 5 and inhale release. Repeat on the opposite side.
- Torso Twist: Exhaling while you turn the upper half of your body towards the right to look behind you. You can create more of a stretch by either placing your left hand on your right knee or placing the left hand over the right-hand top of your chair while twisting the torso to the right and looking over your right shoulder. Hold for 5 seconds. Inhale, release. Repeat on the opposite side.
- Forward Bend Chest Press: Move away from your desk slightly to prevent banging your head on your desk which would reduce the benefit of stretching (sorry) and exhale as you bend your chest towards your knees bending

forward while walking both of your hands down the front of our legs towards your feet or ankles. Hold the breath for 5 seconds. Then coming to an inhalation, keep your chin tucked in as you slowly straighten one link of the spine at a time returning to normal sitting position. Repeat 2 more times.

- Knee to Chest Press: Grab your right knee with both hands and pull it towards your chest. Hug it to your chest as you exhale. Hold for 5 seconds and then inhale, release by slowly letting the foot return to the floor. Repeat on the opposite side. Repeat 2 more times.
- Feet 1: With your feet flat to the floor, point your toes towards the ceiling. Hold for 5 seconds and lower feet back to the floor. Lift heels off the floor keeping the toes on the floor; hold for 5 seconds and return the feet back flat to the floor. Repeat this toes/heels movement 10 times.
- Feet 2: Lift one leg slightly off the floor while pointing your toes away from you. Now push the heels away from you. Hold each position 5 seconds and repeat for a total of 3 times. Then, circle the foot 3 times in one direction and 3 times in the opposite direction. Repeat the series of moves 3 times and then do the opposite leg.



**JULY 14**

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# Barbecue



**AUGUST 11**

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## THANK-YOU

A very big **THANK YOU** goes out to **Martha MacLachlan, Mary Oakley, Brian Beagle and John Whelan** for all the hard work they did in clearing out the library. Hundreds of books had to be packed up and moved. Without volunteers, things like this would cost us a lot of money.

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Newsletter Editorial Committee  
Maureen Houlihan  
Charles Marker  
Martha McGrath

[newsletter40homewood@gmail.com](mailto:newsletter40homewood@gmail.com)

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