



HOMewood

Community Newsletter

January, 2013



January 1st, 2013

Merry Christmas – January 7th,
2013 to all of you who follow
the Eastern Orthodox Church.



Smoke Alarms

The first of the year is a good
time to change the batteries
in your smoke alarms and
carbon monoxide alarms.



New Year Clothing Drive

Once again the Green
Committee is sponsoring a clothing drive.

As in January and September, a truck from
the Clothesline Program of the Canadian
Diabetes Association will be at our back
entrance on Saturday morning, January
26th, from 9 am to 11 am.

Last January and in September, the drivers
of the trucks said that they had never seen
such substantial donations!

They are looking for “gently used” clothing,
household items and electronics. With
electronics, these should be items that still
work; electronic items that no longer work
may be put in our e-waste, the electronic
waste bins in the Recycling Room.

Despite it now being early January, you
might not have made a really good and
feasible New Year's Resolution, so try this: I
resolve to spend some time the next several
weeks sorting through closets and drawers
to find donations for the clothing drive and
to make more space in my home.





Don's Movies For January

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

Thursday, January 3

PSYCHO (1960)

Anthony Perkins, Janet Leigh, Vera Miles

Friday, January 4

DIAL M FOR MURDER (1954)

Grace Kelly, Ray Milland, Robert Cummings

Thursday, January 10

THE SCARFACE MOB (1959)

Robert Stack, Neville Brand, Keenan Wynn

Friday, January 11

THE FBI STORY (1959)

James Stewart, Vera Miles

Thursday, January 17

DIE HARD (1988)

Bruce Willis, Alan Rickman, Bonnie Bedelia

Friday, January 18

FROM HERE TO ETERNITY (1953)

Burt Lancaster, Deborah Kerr, Frank

Sinatra,

Montgomery Clift, Donna Reed, Ernest

Borgnine

Thursday, January 24

WAKE OF THE RED WITCH (1949)

John Wayne, Gail Russell, Gig Young

Friday, January 25

REAP THE WILD WIND (1942)

John Wayne, Paulette Goddard, Ray

Milland,

Susan Hayward, Robert Preston

Pets of the Month



Chaz & Patches



Chaz and Patches have a mistress and a master, Lisa and John. These four-legged boys are great pals and even sleep together.

Chaz is a pug and is coming up to six years old, while Patches is a mix of pug and bull-dog and is coming up to four. Chaz had been the "only child" for a while but adjusted fairly easily to having Patches join the family.

Patches is more sensitive and reactive and is not always fond of other dogs. Chaz, on the other hand, is very laid-back and easy-going.

WONDERS OF THE WILD WEST

90-minute musical slide show *by Eva Kato*

Wednesday, January 16, 2013
8:00 pm
B1 Recreation Room

Marvel at the beauty and culture of:
UTAH, COLORADO, ARIZONA, NEW
MEXICO

- Bryce, Zion, Arches, Canyonlands,
Escalante, Petrified Forest,
Painted Desert, Monument Valley,
Grand Canyon
- Cave Dwellings of Mesa Verde
 - Ancient native petroglyphs
 - Santa Fe and Taos art cities
 - Native village of Taos Pueblo
 - Route 66
 - and more

**NO CHARGE, EVERYONE
WELCOME!**

IN MEMORIAM

Resident Elizabeth (Betsy) Lawrence, an
Oncology Nurse, died in mid-December.

R.I.P. Betsy

Welcome Baby It's a Girl



Our youngest resident, Mar Ofelia
Bower, born November 22, daughter of
Geoff and Ofelia Bower.

Do you want to tap dance?

If you are interested in on site tap dance
classes at 40 Homewood please email
or telephone

Martha MacLachlan 416-966-0208
martha.maclachlan@gmail.com

Do you want to speak French?

If you are interested in on site french
conversation sessions at 40 Homewood
please email or telephone

Martha MacLachlan 416-966-0208
martha.maclachlan@gmail.com



New Traffic Light

Toronto City Council approved a new traffic light at Wellesley and Homewood in July 2012.

The proposal was initiated by Councillor Kristin Wong-Tam, and staff support was presented in May to the Toronto-East York Council. At the City Council, it was passed without amendment or debate.

It will cost \$160,000 and will be installed "subject to competing priorities and available funding." The Councillor's office suggests that might be next summer.

In the three years ending December 2011, there were six collisions. All were possibly preventable, according to the staff study. Three involved cyclists who took minor injuries. A pedestrian crosswalk was not considered suitable due to the nearby signals (at Sherbourne and at Jarvis) and due to the bends in Wellesley which affect sightlines.

Hobby Room

(This is an excerpt from the in-development "Welcome Book" being prepared by the Governing Documents/Rules Committee. It is printed here in case there are residents unaware of this room. Good for winter projects!)

We have a hobby room on the B3 level for your messier, noisier jobs. It's a plain room with concrete walls. The sum total of its contents are: a workbench, vice grip, electrical outlet,

garbage pail, broom and dustbin. You take everything else, including your tools. Because it's on B3, you can drill, hammer and generally make noise with power tools at all hours without disturbing any residents.

Unfortunately we cannot allow painting or anything that creates fumes, because we do not have heavy-duty ventilation in the room.

It's available on a first-come, first-served basis. Please go to the office to pick up the key. You may be put on a waiting list if someone else is using the room. The office will ask you about how long you intend to use the room, in case someone else asks for access. We ask you to limit your projects to one week at a time to give others an opportunity to use the room.

We ask you to sweep the room when you're done, and return the key to the office. If the office is closed, you can put the key through the mail slot beside the office door.

Cleaning Up Behind Yourself

Although a residential condominium building is not a "co-op," any multi-residential building depends on cooperation from all residents to keep our home in order.

To that end, one of the condo rules (8.7) is: "Anyone responsible for a spill or mess in the common areas must clean it immediately. If unable to do so, the person responsible must advise either the management office or the security personnel immediately."

This applies to spilled liquid laundry detergent in the elevator, dog poo on hallway carpets, etc.

Green Committee Page



Green Tip: Animal Waste

Cat waste and kitty litter belong in the Green/Organic bin. Dog waste (bagged) also belongs in the Green/Organic bin.

Please do not dispose of your dog waste or cat waste in the Blue/Recycling bin. These things are NOT recyclable!

Do not throw them in the garbage bins or the garbage chutes. They belong in the Green/Organic bin in the Recycling Room.

Your neighbours will thank you for helping the environment.



Recycling after Christmas.

Don't forget you can recycle:

- GREETING CARDS AND ENVELOPES (NO ATTACHMENTS OR FOIL INSERTS)
- GIFT WRAP (NO FOIL OR RIBBON)
- FLATTENED CARDBOARD BOXES



What Comes In The Mail — And Where Does It Go?

Most Canadians know that they may request that Canada Post not deliver them unaddressed “junk mail.” (Here, all one needs to do is tape a note saying “No junk mail, please” at the back — reach your arm in — of your mailbox; the letter carrier will see it way back there and put a Red Dot on your box on his side and then you’ll receive no junk mail.)

If you wish to continue receiving such mail, that’s fine: some people like the advertising flyers with their bargains listed.

If you receive the plastic-wrapped flyers but wish to discard them, please remember to open the plastic wrap, which goes in Garbage and then the paper flyers themselves go in Recycling.

The Green Committee has written to the company that distributes these packaged flyers and suggested that they either: (1) send the flyers unwrapped (some flyers are not wrapped); (2) wrap the flyers in paper; or (3) put the flyers in a plastic bag that is open with a handle at one end. The flyers that come once a week to the back vestibule are in plastic bags open at one end and with handles. This makes it easier to dispose of the bags and paper separately, and the bags can usefully be reused.

The Green Committee is always on the lookout for ideas about how the building can reduce our garbage (going to landfill).

Q & A

Questions to the Board or Management

Question: What is actually scheduled to be replaced or repaired according to the 2012 Reserve Fund Study?

Answer: The information sent to owners, by law, is mainly an outline of the scheduled monetary inputs from revenues (mainly maintenance fees) into the Reserve Fund in order that it will be able to handle capital expenditures over the next number of years.

The detailed, anticipated, projected schedule of the replacement and repair times for our bits and pieces is in the full Reserve Fund. It will be placed in the library for perusal by owners who are interested. It will be near the Board minutes and other condo documents.

The big items to be funded through the Reserve Fund for 2013 and 2014 are the elevator refurbishments at somewhere upwards of \$500,000.

Question:. What do we need to do to get comfortable temperatures in our units in the winter? Some of us are too cold and some are too hot.

Answer. Our building is heated by electricity, with coils embedded in the ceiling and floor. Most of your unit's heat comes from your ceiling, with about 25% of it coming from your floor.

If you go away for a weekend during the heating season, please do not turn your thermostat down below a normal room temperature. The person above you will be very cold, and staff may enter your unit to

turn your thermostat back up. It's one of the quirks of this old building.

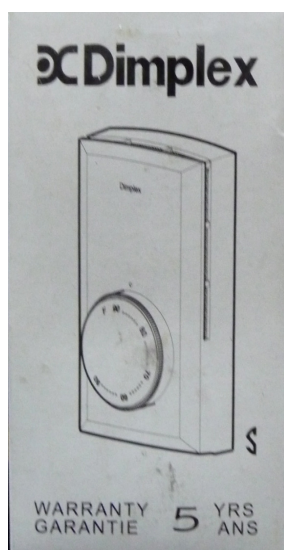
We have a "thyristor" system added on to the heating system to save energy. It has its own quirks. If your unit is cold, and turning up your thermostat doesn't work, please let the office know. They can override or partially override the thyristor system to get your unit to a comfortable temperature. Also, if your unit is too hot, even when you turn the thermostat down (but not off, because your upstairs neighbour will be cold), please tell the office and the Property Manager will try to address it so we don't waste energy.

Some thermostats are easier to set because they have numbers, whether Fahrenheit or Celsius. Replacing a thermostat, if yours is one with just little lines, is your responsibility, but they are not expensive.

This is a photo of a thermostat original to the building (1972)



This is a photo of a current model ("Dimplex," still in F°, must be American-made). These cost approximately \$15 - \$20.



Question: Why do the exercise rooms have to be closed for cleaning so long (8:30 - 3:00) on Tuesdays? The pool and sauna area, okay, but why the exercise rooms?

Answer: This was discussed among board and management at the most recent board meeting due to some requests and questions. One reason for the length of closing is that the cleaners sometimes have a need to do other tasks during these times, so they need ample time to complete the cleaning.

The pool is closed for a major cleaning and that's the same for the locker rooms, which get a major scrubbing and a power wash. In the exercise rooms, all machines, carpets and floors are cleaned. Strong products that require a few hours to dissipate their odours are used. Although residents peering in may not see the cleaning staff, the process is under way.

On Mondays, Wednesdays, Thursdays and Fridays there is a minor, one-hour cleaning of the areas. Once a year the pool is cleaned with a full draining.

RECIPE EXCHANGE

Gluten Free Fudgy Pecan Brownies

Submitted by Charles Marker

6 tablespoons unsalted butter, cut into pieces, more for the pan
 1/3 cup cornstarch (spooned and leveled)
 1/4 cup unsweetened cocoa powder
 1/2 teaspoon ground cinnamon
 1/2 teaspoon fine salt
 12 ounces semi-sweet chocolate chips
 3/4 cup sugar
 1 teaspoon pure vanilla extract
 3 large eggs
 1 cup chopped, toasted pecans, or if preferred, walnuts.

1. Preheat oven to 350 F. Lightly butter an 8" square baking pan and line with parchment paper, leaving a 2" overhang on all sides. (Find parchment paper in the supermarket baking section near the aluminum foil and plastic wrap.)
2. Whisk together cornstarch, cocoa, cinnamon and salt.
3. In a large microwave safe bowl, microwave butter and chocolate chips in 30 second increments, stirring each time 'til melted and smooth, about 2 minutes
3. Stir in sugar and vanilla, and stir in eggs, one at a time, until combined. Add cornstarch mixture and stir vigorously until smooth, and begins to pull away from side of bowl, about 2 minutes. Stir in nuts
- Pour batter into pan, smooth top, and bake about 35 minutes, rotating pan half-way through. Let cool completely in pan on wire rack.
- Using paper overhang, lift cake out of pan, and cut into 16 squares
- (Store in an airtight container up to 3 days)
- (This recipe, from a friend of mine, was more like a cake, not chewy like a brownie due to the lack of gluten, I think. Super delicious! You can drop the nuts and revel in the chocolate.*
- Charles Marker)*



Visiting the Ice Princess & Cuz

*This is Part I of a five-part journal of travels in Peru and Bolivia by resident **Kirby Go**. The other four parts will follow in subsequent Newsletters.*

Arequipa is my unfinished business with Peru: exactly 13 years ago to the month was the last time I was in the country, backpacking with several friends of mine.

I have only fond memories of Peru, from swimming with piranhas in the Amazon and getting tickly love bites on my skin to petting an abandoned baby ocelot kept as a pet in the jungle lodge we stayed at. I experienced vomiting my breakfast over altitude sickness on the Inca trail to Machu Picchu, having a picnic among the ruins with the gang and an unforgettable encounter with a gay couple in Lima who took me into their home and held a dinner party in my honour.

But it was in Cuzco that I first heard about Arequipa. This was from a group of high school girls who were on a school field trip, and they took a liking to one of my friends. They raved about their home city and were actually quite surprised and offended that we went all over Peru but not to Arequipa.

When my first routing to Bolivia with American Airlines direct from Miami to La Paz fell through, I took AC non-stop to Lima and a quick domestic flight to Arequipa, located in the south of the country. I would be entering Bolivia by land and so I finally had my date with Arequipa, and she did not disappoint.

Called the "White City," the historic centre is a collection of white colonial buildings made from white rocks quarried in nearby mountains. The central square, Plaza de Armas, is packed with manicured plants and massive trees. The north side of the square has a massive cathedral with no less than two mountains behind it, one of them a perfect cone-shaped mountain called Mitsi. The other three sides of the square are occupied by one row each of uniform two-storey

colonial buildings running the entire lengths. The effect was quite stunning.

Arequipa, being the second biggest city in Peru, has all the perks and trappings of a real city. There is no shortage of alleyways to explore. KFC and Starbucks go toe to toe with "chifas," Chinese-inspired quick eats, and ladies selling their homemade tamales in woven baskets at street corners.

Beautiful as the "White City" is, there are plenty of historic colonial cities around, but two major sites distinguished Arequipa from the rest. First is Monasterio Santa Catalina. Occupying a whole city block and guarded by imposing high walls, a citadel within a city, this nunnery was founded in 1580 by a rich widow who recruited ladies from rich families. These families would send one daughter to be a nun as a sort of sacrifice, hopefully gaining favour with God and guaranteeing the rest of the family's passage to Heaven. Once the recruits were accepted, although they never left the Monastery, they continued with their accustomed comforts and luxuries since menial tasks were handled by help. This complex remained shrouded in mystery until the government took over in the 1970s and opened it to the public. At the entrance, a huge sign says "Silencio," marking the tone of quiet reflection as one walks through maze-like alleys that open to fruit tree courtyards, gardens, a fountain, and hall upon hall of priceless religious art on display.

The second major site is "Juanita, The Ice Princess," a frozen Inca maiden sacrificed 500 years ago and buried in one of the summits that is more than 6000 metres high. The Incas ritually performed human sacrifices to appease their gods. I remember reading about her 1995 discovery in an article in National Geographic in 1996. The body caused a sensation in the scientific world due to its well-preserved condition. In 1995, Time magazine chose it as one of the world's top ten discoveries. Mummified naturally by ice, she was found bundled up. All of her tissue, organs, and clothing are intact. She was merely a girl of 11 to 15 years old, frozen in her prime. As I looked at her face, I said a quiet thank you for the 500 year old time capsule she provided.

Truth be told, there is a third reason why I came back to Peru. Something I missed the first time I

was here: to eat a local delicacy called "cuy" or guinea pig. I asked my hotel guy for the best place to eat cuy. He directed me to a local restaurant in another neighbourhood far away from the the tourist centre. I found the restaurant with relative ease and ordered my "cuy." I was so excited: people who know me know that I love food! I sat there in eager anticipation. Finally the cheerful waiter came and placed a huge plate in front of me. What I did not anticipate was actually staring at a whole guinea pig, spread open. I could even see the claws on its tiny hands and feet and the head with its tiny mouth slightly open in mid scream before it was marinated and deep fried. Oh well, that wasn't going to stop me. I dug in and started with the belly and it was so delicious and tender, before I knew it I was deboning its tiny hands and feet. This was another culinary check-off on my list. This alone was worth my little side trip to Peru before crossing the border to Bolivia.

ART , CRAFT AND PHOTOGRAPHY SHOW DECEMBER 2, 2012

By Margaret Osmond

I wish to thank all participants for their hard work and time which helped to make the show a success. Attendance was steady and I think all the participants enjoyed the show. However, we would like a better response next time. With this in mind we should perhaps advertise outside the building.

This year we had a table with baked goods. There were savoury and sweet pastries and coffee. This table was a great success. Another table displayed quilts and cards made with quilted material which were beautiful. There were tables with cards and calendars showing spectacular photography. Beautiful handmade cards and art work. Knitting and handmade picture frames. Last but not least jewelry which was very popular

Thanks: **Barbara Bodnar** (Quilts, Placemats, Christmas Cards and Ornaments); **Hayri Elcin** (Baked Goods); **Eva Kato** (Photography, Christmas Cards, Calendars); **John Kell** (Commercial Posters and Art); **Gillian O'Connell** (Jewelry and Knit wear) ; **Margaret Osmond** (Art); **Esther Podoliak** (Greeting cards); **June Shiozaki** (Art and cards); and **Douglas Stittles** (Photography); **Popi Tzalis**. (Picture Frames and Knitting).

BASIC TELEVISION SERVICES CHANNELS

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CTV	6
ABC	7
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CNN	32
TLC	33
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Lincoln

By Jeffrey Amos

I will be the first to admit that my knowledge of pre-

1900 US History is not the best – mostly pieced together from my Grade 12 US History class, and from having seen many films about the US Revolution and the Civil War. When I found out a couple of years ago that Steven Spielberg was making a biography of Abraham Lincoln, it both intrigued me (since Spielberg is the maker of fine historical films such as *Schindler's List*) and filled me with apprehension (since it's a historical biography, after all). I am pleased to say that my sense of apprehension was unnecessary. Steven Spielberg's *Lincoln* manages to walk the fine line between being entertainment, and being an important history lesson about one of the most important figures in US history during a most trying time.

Spielberg chose wisely not to cover Lincoln's entire life, since a film of 2 ½ hours would not be able to even scratch the surface of such an eventful and important life. Instead, the film is set during a very specific time period – between Lincoln's re-election in the fall of 1864 and his assassination in April 1865. During this period, there were two issues testing Lincoln's resolve: his attempt to bring an end to the bloody Civil War, and to end slavery through the 13th Constitutional Amendment. These were intrinsically linked since the Republican Party's opposition to slavery and the election of Lincoln (a Republican) in 1860 was one of the main causes of the war.

Lincoln is played by Daniel Day-Lewis in another one of his bravura performances – the Oscar race is over before it began. Seeing his performances in different films, it is sometimes difficult to believe that it is the same actor. Whereas his Oscar-winning performance in *There Will Be Blood* was forceful and sometimes over the top, here he plays Lincoln as he was: a calm, patient, soft-spoken man of incredible intelligence – principled, but pragmatic. His Lincoln has principles, but needs to compromise when he needs to in order to get things done.

The film is filled with other wonderful performances, notably from Tommy Lee Jones and Sally Field. Jones plays Congressman Thaddeus Stevens, a supporter of racial equality

who needed to temper his strong views in order to help get the Amendment passed. And Sally Field, who has not been in many films of late, plays Lincoln's wife Mary Todd Lincoln. Although she has few scenes, her strength is in conveying the emotional toll of politics, even on the spouse of a politician. One particular scene deals with how she still grieves over her young son's death, still guilty about how she thinks that her political duty kept her away from her son, missing signs of his illness that eventually led to his death. The various film critic awards are currently coming out, and Jones and Field are the unanimous choices for best supporting actor and actress and it is likely that Oscars will follow suit for both.

Although the film is long, it never seems that way. The characters are so rich and the sense of history so interesting that the time passes quickly. *Lincoln* is at its core a character study of a man and the people around him in a challenging, unprecedented time. Here, 1860s Washington is a city of entrenched opinions and an unwillingness to compromise amongst the political parties, and even among different factions within the parties. Remind you of anything? During the film's many scenes of arm twisting to gain the extra votes needed to pass the amendment, and the speeches about principle and the vow to never compromise, I couldn't help but be reminded of the current battle ongoing in the United States, both between the Republicans and the Democrats, but also of the battle within the Republican Party (ie. the Tea Party vs. the pragmatic Republicans). The irony is that back then it was the Democrats that refused to compromise. It is interesting how this is a common theme in politics across the ages. The more things change, the more they stay the same...

In summary, if you are looking for an afternoon of entertainment and action, without having to think, this is not the movie for you. However, if you are interested in a rich character study and history lesson about an important period in history that was changed by a most important man, then take a chance on *Lincoln*. You'll thank yourself that you did...and you'll give a little more thought every time you see his face on a US penny.



PRESIDENT'S REPORT

Dear Owners

As we enter the new year I wish to remind you that your Board of Directors and Management worked very hard last year to make the renovations to your home that were agreed to by the previous Board; we honoured that Board's decision by renovating the lobby according to the designs outlined at an owners meeting held some time ago. The current Board and Management also took the opportunity to have the back lobby, new library and B1 television room renovated at the same time. These additional renovations were paid for from Operating Account savings implemented in 2012. All of these renovations will enhance our security, property values and add to the enjoyment of our home.

We are also pleased that, despite a major increase in the Reserve Fund allocation for 2013, your Board and Management were able to manage to trim some expenses resulting in a common element increase of 1.99% for 2013; these new fees are payable on the first of every month beginning January 1, 2013. At this time we also foresee no need to increase any of the parking fees which have been in place for a number of years. If you are not yet on the automatic payment plan for common element fees or parking fees we do ask that you consider this payment option. This improves the cash flow of the corporation and reduces delays in processing payments as well as reduces the workload of Management staff. Paying by automatic payment from your bank also lessens the security risk of holding large amounts of cash in the office, thereby reducing the number of trips to the bank for our Management as well. Please try to sign up for this to help our building run more efficiently.

At the owners Budget meeting in December we outlined our major renovation projects for next year as well.

As we are all aware, our elevators are continuing to require frequent maintenance. We have consulted with an elevator engineering firm who have provided us with what is needed to enhance our elevator systems. With their report we will develop a specification that will be

tendered to a number of firms capable of refurbishing our elevators. This tendering is planned for the spring of 2013. The consultants have advised us that we should try to do all four elevators at a time that allows for the same technology to be implemented in each elevator unit. As this project is very costly, your Board has opted to do the renovation over a two year budget period where two elevators will be done in 2013's budget and two in 2014.

During the winter of 2012-2013 we will be discussing the timing of these renovations with the consultants and the companies who will be tendering their quotes. The project will progress as quickly as possible with as little inconvenience to the residents as possible. Should the consultant advise us to do the first two elevators in spring-summer of 2013 and then come back in spring-summer 2014 without any compromise to the technology or cost we will do this. If they recommend doing the four elevators in sequence we'll probably delay the start until the fall of 2013 and continue over the winter months into 2014. In any case we see these expenses being funded by our reserve fund without any need for any special assessment.

In 2013 we foresee the need to do other reserve fund projects including the emergency exit doors from the garage and the oil tanks for the emergency generator on the B1 level. These are the three major renovation projects for 2013 barring any unforeseen emergency repairs required.

I am very pleased with the progress we have made as a Board over the past six months and look forward to continuing to work with this Board to decide how we implement these projects before the AGM in June 2013.

Brian Brenie





Holiday Buffet Dinner

Thank you once again to the Entertainment Committee for a wonderful event.

The meal was catered by **Absolutely Famished** who always gives us a delicious feast.

The entertainment was provided by Singer, **Emilio Zarris**.

Thank you to the volunteers who helped with the setup and cleanup. They are: **Felix Almeida, Brian Beagle, Robert Richard, Christine Leask, Gilles Bouffard, Joseph Hagger, Miguella Lugo, Candice Green, Kim Hutchison, Mary Oakley, Helen Knight, and Martha MacLachlan**

It goes without saying that we are always appreciative of **Mark Dage** in the management office who sold the tickets for us. Thanks Mark



Medical Alert Systems

are a precautionary measure taken just in case of an emergency such as fall, slip in the shower or

heart attack. As the aging process occurs seniors are naturally more at risk to fall, slip, or experience medical complications. With a touch of a button on a pendant or wrist band you are connected to a help centre with staff that will call emergency personnel as well

as contacting family members, friends, or neighbours. The emergency responder will stay on the line after calling emergency contacts to monitor the situation until help arrives. The call centres are open 24/7 year-round.

The system consists of three basic components: a small radio transmitter you wear, a console connected to your telephone and an emergency call centre that monitors your calls. A wristband or pendant worn around the neck or wrist is important since it is always within reach, even when you may not be physically able to reach for the phone. Only one button needs to be pushed and even if you are unable to speak someone will call for assistance. The service costs vary but typically cost about a dollar per day. The medical alert system is an important complement to other safety measure such as ensuring that the management office has up to date emergency contact information and leaving a spare unit key with a trusted friend or neighbour.

There are a wide variety of companies offering this service including the following: **AlarmCare** 1-800-267-2001, **Lifeline** 1-866-832-5426, **Lifecall** 1-800-661-5433, **FirstCall** 1-800-361-5550 and **DirectAlert** 1-877-391-1767.

Made any New Year's resolutions??



Newsletter Editorial Committee

Jeffery Amos

Maureen Houlihan

Charles Marker

Martha McGrath

newsletter40homewood@gmail.com

2013 **New Year's Resolution** 2013

Laugh More!



Benefits of Laughter:

- ☺ Laughter is “the best medicine”
- ☺ Good for your body/mind
- ☺ Reduce Stress
- ☺ Increase energy
- ☺ Bursts of happiness!
- ☺ Make friends
- ☺ Have fun
- ☺ Feels good! =)

Ever heard of laughter yoga? Come one come all. Come laugh with us, it'll be... fun!

IT's FREE !!

Date: Thursday January 24th 2013

Time: 7:00pm

Location: Basement Recreation Room

Laughter Leader: Joey

Questions contact: laughademic@gmail.com

Tiered Channel Line-up**

DIGITAL BASIC *	
On Screen Guide	
Access Alberta	351
TVO	353
Knowledge	354
CTS	355
Miracle	357
Newsworld	390
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Discovery	505
History E	506
Showcase E	521
Bravo	523
EWTN	559
HGTV	564
W E	567
Much Music	580
RDI	730
Telelatino	800
Voiceprint	825
Radio 10 Ch's	826-835
Cost	\$ 9.80

TIME SHIFTER	
CBC Halifax	300
CBC Ottawa	303
CBC Calgary	306
CBC Edmonton	307
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City Edm	347
E! BC	358
NBC Seattle	379
ABC Seattle	380
CBS Seattle	381
Fox Seattle	382
PBS Seattle	383
Music 40 Ch's	901-940
Radio 54 Ch's	836-881
Cost	\$2.63

** Also ch's 816,819,824

MORE HDTV	
Oasis HD	258
History HD	259
Sportsnet East	260
Sportsnet Ont	261
Sportsnet West	262
Sportsnet Pacific	263
The Golf Channel	266
TLC	272
Nat Geographic	276
Showcase	277
A&E	278
Discovery World	279
TSN	280
Cost	\$6.90

YOUTH	
Family E	540
Family W	541
YTV E	542
YTV W	543
Teletoon E	544
Teletoon W	545
TreeHouse	546
Comedy W	547
Comedy E	548
Nickelton	550
BBC Kids	552
Animal Planet	553
MTV Canada	566
M More Music	581
CMT	583
Cost	\$5.47

LIFESTYLE	
Bold	512
Food	561
Twist TV	563
DIY Network	565
W Movies	569
Fashion TV	571
Travel	572
One	575
Book TV	594
Cost	\$4.45

PRIME TIME	
Viva	507
TVtropolis E	524
Star	527
Space	528
DejaView	532
BBC Canada	534
Disc Science	554
Military	555
I Channel	593
Cost	\$4.31

SPORTS	
TSN Alternate	401
The Score	403
Speed	406
The Golf Channel	409
Rogers Sportsnet East	416
Rogers Sportsnet Ont	417
Rogers Sportsnet West	418
Rogers Sportsnet Pacific	419
OLN	457
Fox Sports World	461
Cost	\$1.81

DIGITAL PREMIUMS		
Fairchild	801	\$12.07
ATN	805	\$9.07
Odyssey	807	\$7.58
Out TV	574	\$0.55
Playboy	680	\$8.05
Hustler	681	\$5.00
Red Hot TV	682	\$3.49
Setanta Sports	239	\$10.50

FRANCAIS	
TVA	711
Canal Vie	752
Canal Evasion	753
Canal Z	754
Series +	755
Historia	756
Canal D	773
Cost	\$2.66

REAL LIFE	
BBC World	501
Fox News	503
CNBC	504
BNN	508
Bloomberg	510
MSNBC	511
Documentry Ch	513
Biography Ch	515
Cost	\$4.45

MORE SPORTS	
The Fight Network	404
Go!TV	459
Raptors	463
ESPN Class	464
NHL	465
Leafs TV	466
Cost	\$3.60

COOL STUFF	
Tech TV	514
Gameshow	549
Nat Geographic	551
Slice	562
Men TV	570
BET	582
MTV 2	590
Cost	\$4.87

MOVIES	
HBO Canada E	601
The Movie Network	602
MExcess	603
MFun!	604
MFest	605
M Encore	612
M Encore 2	613
HBO Canada W	621
WGN	651
WPIX	652
KTLA	653
WSBK	654
Cost	\$14.81

MORE MOVIES	
Movie Time	533
Mystery	595
Sundance	608
Showcase Action	611/631
IFC	614
Showcase Diva	615
Super Channel 1	616
Super Channel 2	617
Super Channel 3	618
Super Channel 4	619
Cost	\$14.65

*Residents may choose any tiers but must subscribe to digital basic.

**Prices are effective January 1, 2013 and are subject to change.