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# 40 Homewood Community Newsletter

Volume 3, Number 2

February 1, 2005

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The views expressed in this publication  
are those of the writers of the articles  
and not the Board of Directors.

## Happy Valentine's Day

February 14, 2005



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## Chinese New Year

4703

February 9, 2005

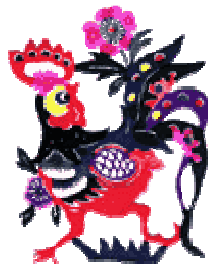
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Kung Hei Fat Choi

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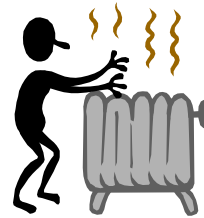
"Wishing You Success and Prosperity"

2005 is the year of the Rooster



February 2, 2005

Groundhog Day is February 2nd. It is said that if the groundhog sees his shadow, there will be six more weeks of bad weather, and if he doesn't, that spring will be here soon.



## Let's Heat Sensibly

By Jean Walker

A reminder for winter protocol: Our heating system was not designed with common sense but we have to live with it – and we can!

Our thermostats are connected to heating wires in our ceilings. As you know, heat rises. When we turn our thermostats up, we are also heating the apartment above us. Please remember that if you are too hot, do not turn your thermostat off, merely down. If thermostats are turned off or set too low, the neighbour above becomes very cold and in turns their thermostat high, resulting in a chain of events above of alternative cold/hot apartments. If all thermostats are set at a moderate temperature, everyone is happy. Let's make our higher neighbours happy and comfortable!





## Getting To Know You



*J.P. Zuccala*

J.P. was born in Guelph: Irish mom, Italian dad and four siblings. But it was his paternal grandfather who nurtured J.P.'s love for gardening, his passion for opera via 'Saturday Afternoons Live from The Met.' broadcasts and watching TV wrestling.

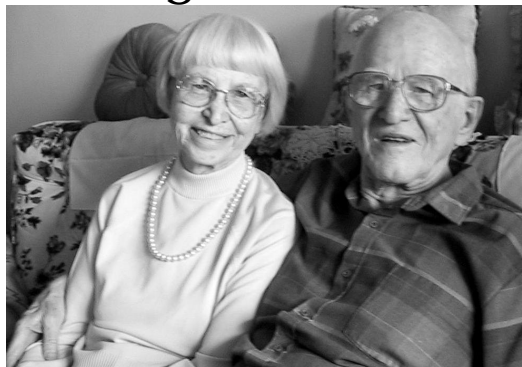
J.P. studied philosophy in the United States, and then took a B. Ed. at the University of Western Ontario, London. This led to teaching Music and French in Elora, Ontario for a period of three years. With a savings of \$20,000 J.P. left his teaching position to pursue a professional operatic singing career. He sang professionally until 1996, traveling broadly. He stopped when it became "just a job".

A strong believer in creating alternative jobs, J.P. established a Bed and Breakfast in Stratford in 1988 and sold it in 2000 to come back to Toronto. Currently, he is happily teaching Music and French once again, at Bayview Middle School. But the music muse is calling. After a season as tenor soloist at Bloor Street United Church, a solo concert is in the works.

J.P. lives a thoughtful life, inspired by his interest in spirituality and balance. His unit at 40 Homewood reflects this. Surrounded by paintings and other art, he has fashioned a "perfect" living space for himself and plans to be a longtime resident.



## Getting To Know You



*Jean Walker &  
Dave Middleton*

What better than to move to your own place and find your soul mate as a result? Jean and David were both original owners in 1972. David was the first condo president, working in finance after a military career, while Jean was still working as a public health nurse for the City of Toronto. Thirty years later, they both maintain their own units and share supper every evening.

Born in Toronto, Jean trained in nursing and has practiced as far away as Angola in Africa. There, she was in charge of the operating room, administered anesthetics, delivered babies and trained African nurses. She established a public health program which went out to the villages. When she came back to Canada, she worked in a mission hospital in Manitoba and in various nursing positions in Parry Sound and in Toronto.

David was born in Saskatchewan. Not yet ten, the Depression caught up with his golf-pro dad, prompting several moves. David finished high school at 16, signing up for the army in 1940. He served in England, landed in France where he lost his best friends in his first battle, was wounded, and still marched through Belgium and Holland to Germany.

He later fought in Korea, was wounded again and spent his best year in Japan, recuperating. He settled in Toronto after 20 years in the army.

***Credits and thanks for this section go to  
Connie John & Charles Marker***





## Since you ask

**Q.** *Why does the cold water in the kitchen not come out cold when the tap is first turned on?*

**A.** The water is not cool because there is not that much running constantly in the kitchen lines. The bathroom cold water stays cold because those lines have the toilets, so there is constant water keeping it cool.

## BRAIN TEASERS

What do you think the following mean?  
Last month's answers

- |    |                    |
|----|--------------------|
| 1. | Robin Hood         |
| 2. | Anyone for tennis? |
| 3. | Big Bad Wolf       |
| 4. | Shop till you drop |

1. FAREDCE	2. GR 12" AVE
3. Wear Long	4.   gegs gesg gged segg



## Kids Say the Darndest Things

In describing some of the hardships of his youth to his young son, the middle-aged father lamented. "Why, we had to milk cows every morning, ride a horse to school or walk a mile through the snow."

The youngster looked up at his dad and sighed, "Gee, Dad, you had all the fun."

*Editor's Note: Thanks Sylvia*

## RECIPE EXCHANGE

### Neil's 4-layer Pumpkin Cake

Submitted by Violet

**Violet says this is also a recipe "To Die For"**

- 1 yellow layer cake
- 1 can (398 ml) pumpkin puree, divided
- ½ cup milk
- ⅓ cup vegetable oil
- 4 large eggs
- 1½ tsp. pumpkin spice, divided
- 1 pkg. (250g) cream cheese, softened
- 1 can (398 ml) pumpkin puree, divided
- 1 cup icing sugar
- 1 tub (1 L) whipped topping, thawed
- ¼ cup caramel topping
- ½ cup toasted pecan halves

Preheat oven to 350°F and grease and flour 2 (9") round cake pans. Beat cake mix. 1 cup of the pumpkin puree

## Upcoming Activities



Join your neighbours in watching the

### Academy Awards

February 27<sup>th</sup>, 2005

7:30 PM

In the Recreation Room

Refreshments will be welcomed

Pick the winners

Win a prize

## THANK-YOU

Not only does **Charles Marker** take the pictures for our "Getting to Know You" section of this newsletter, he goes out of his way to walk over to College Park every month and lug back the 500 copies.

**Thanks, Charles!**

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## Ongoing Activities



**Bridge** in the recreation room,  
Mondays and Wednesdays at 7:30 pm.



**Movies with Don** in the  
recreation room, Thursdays or Fridays at  
7:30, Notices posted every week.

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## In Memoriam

**Norman Watson**, Unit #1102, died on  
January 1<sup>st</sup>, 2005

Our condolences go out to his wife,  
Catherine Munro and their family. He will be  
missed by his many friends and neighbours  
in the building.



### Down Memory Lane By Violet

During the early 1960's until early '70's, I supported three girls in an orphanage in Syria. As each one left to start working, I agreed to take another one, strangely enough, all three were named Lusin. Letters are translated for "supporters" so that progress, etc. is known. I was in Beirut in 1965 and had received permission to visit my first Lusin. A shared taxi was the way to cross the border between Lebanon and Syria and I arrived at the orphanage to be greeted by Sister Hedwig and shown into a pleasant cool room to await Lusin.

Within a few minutes, a very graceful girl entered. She was 13 years old, just the age for hoping to go out into the big wide world.

Neither of us spoke the other's language but an interpreter came in to help out. I asked what Lusin was longing to do and was informed, with many giggles and laughing, that she would like to go to the bazaar in Beirut.

I had no children of my own and this seemed to be an opportunity to adopt the role of a mother. Our final arrangements with Sr. Hedwig was that I could take Lusin to Beirut and have her stay overnight in my room at the hotel. The interpreter would come for her the next morning.

We set off for the bazaar and it was very exciting for myself as well as Lusin. We mimed our conversation. She quickly had me understand that she would bargain and that I was not to pay until she agreed on the price. The whole outfit she acquired was from the skin out and included shoes — she bargained fiercely for those, as we had seen the same type cheaper at another stall. She was so happy that she tried to thank me by kneeling before me in the hotel room, after she had put on everything to see the effect.

We had a pleasant evening and returned early as I was exhausted.

The next morning we parted, with tears, smiles and thank-you's many times.

Now it is forty years later and I often wonder if my first Lusin is still alive and how she is doing. Beirut was heavily bombed later and Lusin might have been there at that time. I will always remember my first foster child and the happy short time we were together.



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## Television Update

The Board of Directors continues its investigation of all signal providers in order to implement the due diligence required. Once the provider has been selected and contracted with, they will be able to give you a ballpark estimate as to when the new system will be implemented.



## WHAT IS OSTEOPOROSIS?

Submitted by Don MacNair

Osteoporosis is the loss of calcium from bones, which causes bones to become thinner, more brittle, and may cause them to break or fracture more easily.

Osteoporosis can affect any bone. However, the spine, wrist and hip are more likely to break. Other consequences of osteoporosis may be a curved back, height loss or back pain.

## WHO IS AT RISK FOR OSTEOPOROSIS?

Osteoporosis affects one in four women and one in eight men over the age of 50. However, younger men and women may also have osteoporosis.

Women who have completed menopause are at the greatest risk for osteoporosis.

## OTHER RISK FACTORS INCLUDE:

- Caucasian descent
- Thin body build
- Family history
- Inactivity
- Low calcium or vitamin intake throughout life.
- Smoking
- Excessive caffeine and alcohol consumption

Certain medications can also increase the risk of osteoporosis, check with your Doctor

## HOW IS OSTEOPOROSIS DIAGNOSED?

Doctors will often measure the thickness of your bones and your bone mineral density, or BMD to determine if you have osteoporosis or are at increased risk. This test is similar to an X-ray. Speak to your Doctor about this test on your next visit.

## HOW CAN YOU REDUCE THE RISK OF GETTING OSTEOPOROSIS?

Regular weight-bearing activities such as walking, skating and aerobics can help to reduce the risk of osteoporosis. Talk with your doctor before starting any exercise program.

In addition to daily physical activity, the following measures can help reduce the risk of osteoporosis:

- Quit smoking
- Reduce alcohol consumption
- Limit your caffeine intake
- Insure you ingest the recommended amounts of calcium [the building block of bones] and vitamin D [which helps your body absorb calcium] throughout life.

## Recommended calcium intake:

- |                    |          |
|--------------------|----------|
| • Age 4 – 8 yrs.   | 800 mg   |
| • Age 9 – 18 yrs.  | 1,300 mg |
| • Age 19 – 50 yrs. | 1,000 mg |
| • Age Over 50 yrs. | 1,500 mg |

Calcium is found in a variety of sources. One cup of milk contains around 315mg calcium. Vitamin D is obtained through exposure to sunlight and through various foods.

You can determine if you are getting enough calcium by using the 'calcium calculator' found on the Osteoporosis Society of Canada web site at [www.osteoporosis.ca](http://www.osteoporosis.ca).

If you need to supplement your intake of either calcium or vitamin D be sure to ask your doctor or pharmacist for the preparation best suited to your needs.



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# Birthdays this Month

## February



Flower – Violet  
Birthstone – Amethyst

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## Out on the Town

By Heather Wilson

### Culture on the Cheap

Here are a few tips to escape the winter blahs by enjoying some culture in downtown Toronto on the cheap (*please note that most of the following information was obtained from websites - please contact these entities directly to ensure the information is still correct*):

#### Theatre:

1. T.O. Tix: Discounted tickets for certain theatre and dance performances are offered on a same-day basis at the T.O. Tix Booth located in Dundas Square at Dundas and Yonge (Tuesday to Saturday 12-6:30 p.m.) or online at [www.totix.ca](http://www.totix.ca) (Tuesday to Saturday 12-5:00 p.m.) . You can check to see what performances are available at the website or phone the T.O. Tix Hotline at 416-536-6468.

2. Subscriptions/Senior and Student Discounts: A subscription to a Toronto theatre company generally provides a decent discount on the face-price of a season's worth of tickets (subscriptions to previews offer even deeper savings). Seniors and students often get further breaks on subscriptions and single tickets.

3. Preview Deals/Pay-What-You-Can Performances: A number of theatres in town offer pay-what-you-can performances (get there early as the line-ups can be long!) and deals on

preview performances. A few companies that offer such deals are:

- Tarragon Theatre (Sunday matinee PWYC and preview discounts)
- Lorraine Kimsa Theatre for Young People (a limited number of tickets are available for specified performances on a PWYC cash basis at the box office at 10 a.m. on the day of the performance. Call 416-862-2222 for details)
- Theatre Passe Muraille (TPM offers \$16 tickets by phone in advance for previews and Sunday matinees for up to half the house - and then sell the remaining tickets on a PWYC basis).

4. Volunteer: Many theatres in town need volunteers to take tickets or run the front-of-house during festivals - in exchange you can often see the plays for free! The following are some of the theatres that appreciate volunteer assistance:

-Tarragon Theatre ([www.tarragontheatre.com](http://www.tarragontheatre.com) or call 416-536-5018)

-Canstage ([www.canstage.com](http://www.canstage.com) or call Nancy Dean at 416-367-8243 ext. 252)

**FYI:** if you like your musicals tinged with black humour, *Bat Boy - The Musical* is coming to Toronto in February! Based on the story of the "Bat Child Found in Cave" from the Weekly World News tabloid, it's a cross between *Little Shop of Horrors*, *Urinetown* and *My Fair Lady*. I saw it during its off-Broadway run in NYC in 2001 and it was delightful (although it might be a bit loud for some). It's playing at the Bathurst Street Theatre (previews start on Feb. 9, it opens on Feb. 22 and runs 'til April 16) and tickets range from \$40-\$50 depending on the day. Students get a good discount and rush seats are apparently available for \$20 (don't know the details).

**Editor's note:** Heather offered to do this column in case anyone might be interested in inexpensive tickets for cultural events. All the opinions expressed in this column are hers. This is only half of her article. The rest will appear in next month's newsletter.

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## Note from the Editor

Martha McGrath, Unit 615  
[marthamcgrath@sympatico.ca](mailto:marthamcgrath@sympatico.ca)

After the horrific tsunami disaster that occurred recently, let us enjoy this country, how lucky we are. A little bit of cold weather and snow is just a temporary inconvenience.

*Martha*

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