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# 40 Homewood Community Newsletter

Volume 3, Number 8

August 1, 2006

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



August 18<sup>th</sup>, 2006 to  
September 4<sup>th</sup>, 2006

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## Barbecue



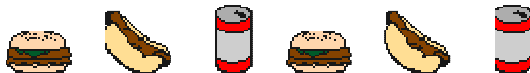
August, 19<sup>th</sup> 2006  
5:00 pm



In the Rec. Room/Pool  
Patio.

\$5.00 for a hamburger,  
hotdog, drink, salad, and  
dessert.

Come and join the fun!!  
Get your ticket from the  
Management Office



Happy  
th  
Birthday,  
Violet Green  
August 13, 2006

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*THANK-YOU*  
For the Pop Can Tabs



One of our residents, **Stefano Eudorie-  
Wojedubokowski**, a teacher at Beverley  
Acres Public School in Richmond Hill, has  
been encouraging his students to collect pop  
can tabs for our initiative to make wheel  
chairs available to people who cannot  
otherwise afford them.

We are pleased to say that Stefano has  
come into the office with thousands and  
thousands of tabs collected by the children.  
THANK YOU, Stefano and the students of  
Beverley Acres Public School for all your  
hard work.

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## Getting To Know You



### *Linda Morey*

Wonderful scents, calm, a therapeutic touch—Linda takes it all to the residents of Kipling Acres, part of the Metro Homes for the Aged.

Born in Oshawa, she came to Toronto at 19, first working in a factory and then going back to school to take Creative Photography at Humber College. Her initial work as a gofer for a photographer led to a 17-year stint in three photo labs, working with prints, copy work and slides in the dark room. She was one of two technicians left when the lab finally folded, due to the digitalization of photography.

Her interest in herbs and essential oils had led to a one-year course in aroma therapy, and a practicum in a nursing home eventually landed her the fulltime position she now holds. Every year, she takes more courses, enlarging her repertoire of therapeutic methods.

Expanding her personal, spiritual world, she's had adventures, like vacationing in a log cabin, where the only access was by boat and the only power was solar. Or taking a Walk in the Clouds: a 7-storey high canopy stroll on a plank walk in the Haliburton old-growth forest, attached to a tether in case of a tumble. An avid biker since childhood, she belonged to the Toronto Bicycle Network and now hikes with the Bruce Trail Club.

At Homewood since 2005, she is still surprised by its quietness and the birdsong outside.



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## Getting To Know You



### *Cammy Lee & Midnight*

So what has Cammy been up to since she graduated from the University of Toronto in English and Religious Studies? A lot! She has had a variety of jobs, including fitness instruction, modeling and writing. A few years ago, she packed her bags for Tokyo to work and experience a new way of life. Bitten by the travel bug, she's also been to Thailand, Brazil, the U.K., Caribbean and China, just to name some destinations.

Presently an ESL instructor, she loves meeting a variety of people and introducing her students to a new language and culture, and learning from them in return. In this way, she feels her work is meaningful.

Did I mention that she's about to begin writing her first novel? Cammy was born in Kingston of Chinese parents, the youngest of six siblings. The family is close and the novel will recount her grandmother's story.

Cammy moved into 40 Homewood after her stint in Japan, where she had saved up to buy a home, and she's very happy here. Her love of swimming made a pool a necessity and since she's an avid cyclist, the bike room here was convenient.

A busy girl, she balances her time between belly dancing, kung fu (she recently taught a self-defense class for women and will give a demonstration of martial arts in August in Chinatown), her boyfriend and their little black bunny Midnight.



*The following  
information is taken  
from Fife House's  
Newsletter.*

Submitted by Bob Leah

"Fife House is building new housing!

Plans are underway to move into new complex in late 2007.

Fife House and its partners, WoodGreen Community Services and The Wellesley Institute (formerly Wellesley Central Health Corporation), are building a new supportive housing apartment complex on part of the site of the former Wellesley Central Hospital at 490 Sherbourne Street. The building will have 112 apartment units: 56 will be for people living and operated by Fife House, and 56 will be for seniors operated by WoodGreen Community Services. The apartment building will NOT have separate floors for people living with HIV/AIDS and for seniors, residents in the building will be integrated on each floor.. The building will also include a roof-top healing garden, community kitchen, communal lounge area and a ground floor patio.

The apartments will be a combination of bachelors, one bedroom and two bedroom units. This means that for the first time in fife House's history, we will be able to provide housing to families living with HIV/AIDS. The additional housing units represent an increase of almost 35% in the number of units available for people living with HIV/AIDS in the Greater Toronto Area!

Both Fife House and WoodGreen Community Services will provide support services to their respective residents 7 days a week, 24 hours a day.

Fife House's head office will be located on the second floor of the new building"

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# HAPPY BIRTHDAY

To everyone who has a birthday  
this month.

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## Ongoing Activities



**Bridge** in the recreation room,  
Mondays and Wednesdays at 7:00 pm.



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

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The beautiful day  
contributed to the  
number of customers at  
our **Yard Sale**. People  
appeared to be making  
lots of sales.



Everyone who  
participated in our **Yard Sale** on July 8<sup>th</sup>  
seemed to enjoy it. I hope that all the  
buyers enjoy their treasures and that the  
vendors made lots of money.

I of course, as usual, could not keep my  
money in my pocket and bought a few  
things.

Thanks to **Heather Middlestadt** for  
convening it and putting up approximately  
80 flyers around the neighbourhood, and  
thanks to **Antonio Monni** for making sure  
the tables were brought out to the driveway  
for pickup by participants and delegated and  
returned to the recreation room..

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Thank you so much to Connie John and Charles Marker for giving their time to do the interviews every month for our "Getting to Know You" section. Anyone else willing to be profiled? Call Charles at 416-968-3458



## Tips On Being Cool And Reducing Hydro Costs

Submitted by Jean Walker

- Early in the morning, close drapes and pull down blinds if available.
- Turn off as many lights as possible.
- Leave really cold water standing in sinks and basins (they absorb heat) and replace when the water becomes warm.
- Let cold water run over the inside of the wrists, allowing the blood near the skin to cool. Place a cold wet cloth at the back of the neck for a short time.
- If using an air conditioner, adjust the coolness just to comfort level. If it is kept too cool, when you go outside, you feel the heat more because it takes the body longer to adjust to such rapid fluctuations of temperature.
- Cook using a microwave. It takes less time and produces less heat.
- Make luscious salads instead of hot meals.

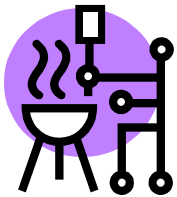


## Recipe for a Sports Drink

Makes a balance of salt and potassium levels

Submitted by Jean Walker

¼ cup boiling water to dissolve;  
2 tbsps. sugar and ¼ tsp. salt  
3¾ cups cold water  
¼ cup orange juice  
Best if kept in refrigerator.



**Please note that it is against the rules of the corporation and fire regulations to barbecue on your balcony. It also causes unpleasant odors for your neighbours.**

## TWO LADIES MEET IN HEAVEN

1st woman: "Hi! My name is Wanda."

2nd woman: "Hi! I'm Mabel. How'd you die?"

1st woman: "I froze to death."

2nd woman: "How horrible!"

1st woman: "It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, and finally died a peaceful death. What about you?"

2nd woman: "I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV."

1st woman: "So, what happened?"

2nd woman: "I was so sure there was another woman there somewhere, that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet and checked under all the beds. I kept this up until I had looked everywhere, and finally, I became so exhausted that I just keeled over with a heart attack and died."

1st woman: "Too bad you didn't look in the freezer. We would both still be alive."

## SUDOKU

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|   |  | 9 |   |   |   | 4 |  |   |
| 2 |  | 8 | 6 |   | 4 | 1 |  | 9 |
|   |  | 5 | 3 |   | 9 | 7 |  |   |



## Recycling Corner



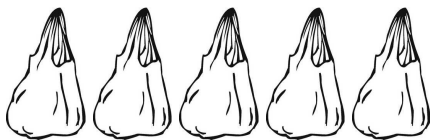
### PLEASE RECYCLE THE FOLLOWING METAL CONTAINERS

- Clean metal cans. If lid is attached, fold it inside the can. If the lid is loose, put it inside the can and pinch the can closed. Note: Placing smaller cans inside bigger cans when possible would help to save space.
- Clean aluminum beverage cans.
- Clean aluminum trays and pie plates
- Empty paint cans. Lids go into garbage.
- Empty aerosol cans. Lids go into the garbage.

Please do not put the following into the recycling bins: aluminum foil wrap, metal pots and pans, cookie tins, coat hangers, household appliances.

Batteries are classified as hazardous waste and should not be put into either the recycling bins or the garbage. You may bring your used household to the office for proper disposal.

**THANK YOU FOR RECYCLING**



**PLEASE, NO PLASTIC BAGS IN  
ANY OF THE RECYCLING BINS.  
IT RENDERS THE WHOLE LOAD  
UNUSABLE.**



### Save our Environment & Receive Money for Our Recreation Committee

By Brian Brenie, Unit 1201

Every year, more than 300 million plastic printer cartridges end up dumped in landfills in the United States and around the world — almost eight cartridges are thrown away in the United States every second, industry sources say. When I first read this statistic I was shocked; so shocked in fact I knew I had to do something. On July 1, 2006 I started collecting empty printer cartridges (ink-jet and toner) and supplying them to remanufacturing plants in Toronto. This keeps these environmental blights out of the landfill. I receive money for the good cartridges (not every cartridge is able to be remanufactured) and I want to collect more and donate funds to our YCC 75 Social Committee.

Please help save our precious environment by dropping off your ink-jet and toner cartridges at unit 1201 or call me/email me for pick-up 416-607-6351 or [brian.brenie@rworld.ca](mailto:brian.brenie@rworld.ca). Bring them home from your office or have your office administrator contact me for collections at your office location.

Just knock or hang a bag with your cartridge on my door (unit 1201) and I will get them when I return. I would be most happy to talk to you about expanding this environmental opportunity and offering you prices on remanufactured cartridges for home or business. Just knock or hang a bag with your cartridge on my door (unit 1201) and I will get them when I return.



## Down Memory Lane

By Violet

### ARRIVING IN ELORA

When I came to Canada in 1963, my destination was Elora, Ontario, a small town or village about 12 miles from Guelph.

The only friend I had in Canada at the time lived there. Her sister had emigrated to Elora some 30 years previously, and when my friend Emma's husband did not survive World War II, she joined her sister in Elora.

Because, I knew Emma in England, she said that she would always accommodate me if I came over here when I became a widow and she would help me to find a job. There was plenty of work in Canada at that time so I arrived, wondering what was in the future for me.

The day after I arrived, she introduced me to her neighbour, William Brown, who was about 83 years of age. He was commonly known to everyone in the village as Billy Brown. He had served on the education committee and other posts on the council but had given them all up to pursue his hobby of growing peonies. His purpose was not to sell peonies as bunches of flowers, but to breed new colors and perhaps new kinds. He became the first president of the Horticultural Society when it was formed and they crowned him "The Peony King of Canada". He was very proud to show people a postcard which later came from abroad, addressed to Billy Brown, Peony King, Elora. and even with the lack of more details, he received it in his mail box.

The old mill in the village was empty when I arrived. I mentioned what a wonderful hotel it would make. At the present time it is indeed a very nice hotel and restaurant. So there is a reason to go and stay overnight in one of the prettiest villages in that area in Canada.

Nearby, not too far away, is one of the last covered bridges which is called a "kissing bridge". I have driven over it many times and it is quite a novelty to a visitor. I had never heard of them as a person coming out from England

Elora is now a tourist attraction and well worth a visit. It is also very near to the Mennonite area and I am sure a lot of readers already know that and have been there. I do think the surrounding area is quite lovely also, and it quite worth driving out to have a look around. Fergus is also very nice.

The Grand River runs through Elora and it is really quite nice to be sitting on the banks of it but, it might be no longer be possible to do that because it is getting quite built up now.

After an interview for a job in Guelph, I too had a letter addressed to me in a similar way to Billy Brown's postcard because it was addressed to "Violet Green. Recently Arrived From England, Elora" It was put in my friend's mail box. In that letter, I had instructions to phone the principal in Port Dover and eventually that is where I began my teaching days in Canada.

#### *Editor's Note:*

*For those of you with the internet who want to get a look at how beautiful Elora really is, you can check out <http://www.elora.info/>. There are lots of beautiful photos.*



### ARTS & CRAFT AND PHOTOGRAPH SALE

If anyone would be interested in participating in an art, craft or photograph sale at the end of November, please contact Margaret Osmond, at 416-964-6622.

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||| CLASSIFIED |||  
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**LOCKER FOR RENT**  
Call 416-925-6325

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### Editor

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**Martha**

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