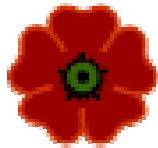


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HOMEWOOD

Community Newsletter

 **November, 2014**



Lest We Forget



**Turn your clocks back
November 2nd, 2014, 2:00 am.**

In Flanders Fields

By Lieutenant Colonel John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the
sky

The larks still bravely singing fly
Scarce heard amid the guns below.

We are the dead: Short days ago,
We lived, felt dawn, saw sunset
glow,
Loved and were loved: and now
we lie

In Flanders fields!

Take up our quarrel with the foe
To you, from failing hands, we
throw

The torch: be yours to hold it
high

If ye break faith with us who die,
We shall not sleep, though poppies
grow

In Flanders fields





Don's Movies For November

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

Thursday, November 6

NONE BUT THE BRAVE (1965)

Frank Sinatra, Clint Walker

Friday, November 7

THE BEST YEARS OF OUR LIVES (1946)

Fredric March, Myrna Loy,
Dana Andrews, Teresa Wright

Thursday, November 13

NEPTUNE'S DAUGHTER (1949)

Esther Williams, Ricardo Montalban

Friday, November 14

TAKE ME OUT TO THE BALL GAME (1949)

Esther Williams, Gene Kelly,
Frank Sinatra, Betty Garrett

Thursday, November 20

THE SPANISH MAIN (1945)

Maureen O'Hara, Paul Henreid

Friday, November 21

SINBAD THE SAILOR (1946)

Maureen O'Hara, Douglas Fairbanks Jr

Thursday, November 27

CALAMITY JANE (1953)

Doris Day, Howard Keel

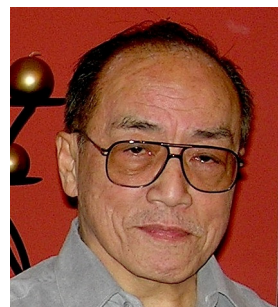
Friday, November 28

**THERE'S NO BUSINESS LIKE SHOW
BUSINESS (1954)**

Ethel Merman, Marilyn Monroe,
Mitzi Gaynor, Donald O'Connor

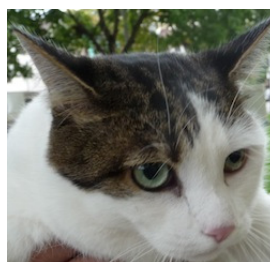
IN MEMORIAM

Ben Lew



Ben Lew passed away on October 1st, 2014 at the Toronto General Hospital. Ben was well liked and well known to the bridge players and also to the former Tai Chi group. Ben will be missed by his sister, his brother and his friend Jim and by many of us at 40 Homewood.

rest in peace
Ben



Spotty Wisdom

This month Spotty says:

Surrender to the dream of the day
and only be the day of the dream.





"Good Eats, Cheap Eats, Sweet Spots"

by Cammy Lee-
Bostwick

Ok, food lovers, this month takes us to the ever-healthy, "Fresh" (not to be confused with "Freshii"), which, if you may recall, used to be called "Juice for Life". It is the same place, although the menu and juice selections have changed somewhat along with the decor. It was the 'it' place to go for vegetarians in the 90's.

On a recent balmy evening, I went to the Queen and Crawford Street restaurant (there is one on Bloor at Spadina and Queen and Spadina), and sat on the patio.

To be honest, I've been to "Fresh" many times over the years, have their first cookbook, and have to confess, not everything on the menu is as good as it sounds, or looks.

But after studying their menu carefully, this is what I've come up with, that I feel is good value for the dollar and also different enough that it isn't something I could easily make at home.

On the menu there are 'fresh bowls'; here, I get what is called the 'Baby Beach'. Each bowl can come as a smaller portion (baby) or not, and with the option of soba or brown rice.

I got the Baby Beach on soba (\$11.50) which is grilled red pepper, zucchini and sweet potato with avocado sun-dried tomato, sunflower sprouts, and herbs and the option of grilled tofu or goat cheese. On this I also order what is called the 'salad topper' and highly recommend it. It is a combination of: puffed quinoa, goji berries, currants, pistachios, hazelnuts, almonds and sea salt for \$2.25. This is well worth it, as the crunchiness of the ingredients add such interesting depth of flavour as well as texture.

I've never ordered the regular size bowl which is \$17.50, but honestly, I find the 'baby' portion just fine, especially if you get an appetizer. I particularly favour the Indian Dosas for \$9.00 which come in a coconut curry and chick pea filling. What I love about eating at "Fresh" is that I can feel satisfied, I mean completely sated, without being uncomfortably full. Ambiance is also quite interesting: very Queen Street: busy, loud, hip, young, and happening (if not seated too close sometimes for comfort).

Nonetheless, "Fresh" is an adventure and an experience.



Brookfield Condominium Services

Many of us do not know the history or credentials of our Management Company.

Here is their website in case you want to have a look.

www.brookfieldcondominiums.com

Submitted by Don McNeill



MARK YOUR CALENDARS!

HOLIDAY DINNER
Sunday, December 7th, 2014

RECIPE EXCHANGE

Glazed Lemon Loaf.

A Williams-Sonoma recipe
Submitted by Charles Marker

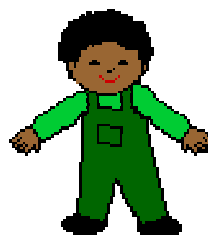
1½ cups all purpose flour
¾ cup sugar
1 tsp baking powder
¼ tsp baking soda
Finely shredded zest of 1 large lemon
Pinch of kosher salt (doesn't have to be
Kosher)
2 eggs
½ cup 2% milk
¼ cup canola oil
1 tsp Vanilla extract
For the glaze:
1/3 cup sugar
Juice of 1 large lemon (about 3½ Tbs)
Preheat oven to 350° F. Grease an 8½" by
4½" by 2½" loaf pan.

In a large bowl whisk together the flour, sugar, baking powder, baking soda, lemon zest and salt until well mixed. In another bowl, whisk together the eggs, milk, canola oil, and vanilla until blended. Pour the wet ingredients into the dry ingredients. Using a rubber spatula, mix until they are just combined, forming a thick, slightly lumpy batter. Pour the batter into the prepared pan, spreading it with the spatula to make it smooth and even on top. The pan will be about half full. Bake the cake until it is deeply browned with some golden cracks on top and it feels springy to the touch when pressed lightly in the middle, about 40 minutes. For an alternative test, insert a knife into the center: it should come out clean. Transfer the pan to a wire rack and insert a thin knife vertically into the cake in 8 to 10 uniformly spaced places. (Alternatively, use a bamboo skewer). To make the glaze, in a small, heavy nonreactive saucepan over medium-high heat, combine the sugar and

lemon juice and bring to a boil. Continue to boil until the mixture is bubbling and frothy on the surface, about 3 minutes. Remove from the heat and immediately pour evenly over the surface of the hot cake.

Let the glazed cake cool completely in the pan on the rack. Run a thin bladed knife around the inside edge of the pan to loosen the cake. Carefully invert the cake onto the rack and lift off the pan. Tip upright onto a serving plate, slice thinly and serve. Store the cooked cake tightly wrapped at room temperature for up to 4 days.

Serves 12



From the Mouths of Babes

A new teacher was trying to make use of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up!"

After a few seconds, Little Johnny stood up.

The teacher said, "Do you think you're stupid, Little Johnny?"

"No, ma'am, but I hate to see you standing there all by yourself!"

=====



A three-year-old boy went with his dad to see a new litter of kittens. On returning home, he breathlessly informed his mother, "There were two boy kittens and two girl kittens."

"How did you know that?" his mother asked. "Daddy picked them up and looked underneath," he replied. "I think it's printed on the bottom!"

Traces of Prescription Drugs found in tap water

40 Homewood Green Committee

The CBC recently reported on a [Canadian study](#), released a few months ago which has shed light on a very disturbing problem; traces of pharmaceutical drugs have been found in record-breaking levels in south-western Ontario tap water. Minute amounts of painkillers, blood thinners, hormones, chemotherapy agents, the diabetic drug metformin, the acid reflux drug ranitidine, the diuretic hydrochlorothiazide, and other powerful drugs, although extremely low, have now been detected at levels never found before in North America.

Most treatment plants don't filter out pharmaceuticals. Their consumption is going up between 10 to 15 % per year, and as the article states, whatever goes into us, also comes out of us, every time we flush the toilet. The excreted drugs pass right through sewage treatment processes and end up in rivers and lakes, and then into our drinking water. In addition, many people flush unused drugs directly into the toilet or drains instead of returning them to their local pharmacy.

For the detailed report, go to www.cbc.ca/news/health/drinking-water-contaminated-by-excreted-drugs-a-growing-concern-1.2772289 or simply google Toronto Drinking water contaminated + 2014.

What can we do? There's lots we can, do but here's a start...First, don't think

that drinking bottled water is any healthier. The Canadian Food Inspection Agency (CFIA) does conduct inspections of bottled water plants, but the Polaris Institute found that these are done on average once every three years. Illnesses associated with bottled water are rare, but like tap water, it can become contaminated. The Institute found that there were 29 recalls of 49 bottled water products between 2000 and 2009 because of contamination (bacteria, mould, arsenic and "extraneous material" such as glass). Besides, up to 45% of all bottled water actually comes directly from a tap – not from a natural spring or mountain stream as we are lead to believe. Also, the longer the bottle sits on a shelf the higher the chance that some of the plastic has leached into the water.

Secondly, don't throw your unused drugs down the toilet or drain. All local drugstores accept unused pharmaceuticals. Just take them in and give them to the pharmacist or pharmacy assistant.

Third, if you are really concerned, contact the office of Glenn Murray, local MPP and Minister of the Environment and Climate Change at 416-325-4000, and express your concerns.



iLobby Enterphone System

written by Timothy Oakes

Since the AGM last June, the Board of Directors has been investigating the option of linking the Enterphone system with cell phones.

We are very close to finalizing a deal with AppGear Technology Solutions to install their iLobby system.

iLobby notifies hosts when visitors register at the site by entering the host's code in one of the key pads located at the front door, the rear door, the visitor entrance and the parking garage entrance.

iLobby supports all common notification methods including sending visitor's pictures and messages over email, SMS and MMS, as well as voice notifications to mobile and landline phones.

At present, our system works by transmitting over the existing telephone wires in the building, so it is not necessary to have a telephone number. Any telephone plugged into a phone jack will allow a resident to open the door for visitors.

This will NOT be the case with the proposed iLobby system. A telephone number for either a landline or cell phone is needed, or a valid email address.

Before we commit to making the change to the iLobby system, we would like to know if there are any residents in the building who do not have at least ONE of the following:

1. A home phone number (landline).
2. A mobile number (cell phone).
3. A valid email address.

If you do not have **ANY** of these, please notify the office by the 15th of November.

This service is something that a number of residents have been requesting and we hope to be able to provide it in the very near future.



Questions to the Board or Management

Question: When will elevator 3 be put in service?

Answer: The elevator upgrades have been completed and the required Safety Inspection is scheduled to be completed by the end of October, so the elevator will be in service early November.

Question: What will we do for a service elevator while elevator 1 is being modernized?

Answer: Elevator 2 will be used as a temporary service elevator. We are making arrangements to line the walls with Styrofoam and place mats over the Styrofoam to protect the elevator walls. We are also looking at removing the vaulted ceiling temporarily to allow for larger items to be moved, if necessary.

Question: Why don't the new elevators have security cameras?

Answer: The cameras for the elevators have been purchased and will be installed once elevator 2 has passed safety inspection.

Question: When will we be fixing up the corridor in the first basement level?

Answer: Designs have been submitted and should be approved soon for modernizing the first basement level. This will include new flooring in a pattern similar to the mail room, new ceiling with improved lighting, new doors to the Office and Recreation room with frosted glass windows, steel cladding on the elevator doors and wall treatment to cover the existing brick, repainting all of the walls, and renovating the existing washrooms to meet accessibility requirements. The kitchen connected to the Recreation Room will be done as a separate project at a later date. (As a side note, the Special Projects Committee is currently framing several of the architectural drawings of our building to hang as artwork in the Recreation Room.)

Question: When will the antiquated outdoor lights on the property be replaced?

Answer: We have completed an application to the City of Toronto for a rebate on replacing the existing lighting with energy-efficient lights. The entrance lights have been replaced with LED lighting, and the visitor parking level will soon be upgraded as well with LED lighting, some of them on timers and activated by motion sensors. We are nearing completion of negotiations for the installation of energy-efficient LED park lighting to

replace all 20 of the existing fixtures around the property.

Within a year or two, we plan to replace the garage lighting in the resident's parking levels with the same LED lighting as the visitor parking area.

This is all part of our long-term goal of "Greening" the building and reducing energy costs.

BRAIN TEASERS

What do you think the following mean?

1. cotaxme	2. ENTURY
3. sick bird	4. Symphon

Here are this month's answers to the brain teasers.

1. income tax
2. long time no see
3. illegals
4. symphony



Newsletter Editorial Committee

Bruce Demara

Martha McGrath

Timothy Oakes

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HOT DAMN! BOOTCAMP

LOSE WEIGHT! GET FIT! TONE UP!



\$15/CLASS

**NOV. 4 - DEC. 18
TUESDAY AND THURSDAY AT 6 PM**

**40 HOMEWOOD REC ROOM
OPEN TO ALL FITNESS LEVELS**

**Email benpaley@gmail.com
with questions or to Register**