



HOMewood

Community Newsletter

January, 2016

*Happy
New
Year!*

January 1st, 2016

Merry Christmas – January 7th,
2016 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.



January Clothing Drive

Our 9th clothing drive is scheduled for
Saturday, January 16th 2016. A truck
from the Canadian Diabetes
Association's Clothesline Program will be
at our back door accepting donations
from 9:00 - 11:00 a.m. If anyone needs to
get an early exit the Green Committee
will accept donations at the starting at
8:00 a.m. We will be serving fair trade,
organic coffee and if you don't have a
clothing donation, you are still welcome
to come down for a morning cup of
coffee!

A few helpful hints: Clothing and small
household items in good condition are
welcome. Small household items should
be placed in a box. Delicate items
should be wrapped in newspaper to
avoid breakage. Lamps should have
bulbs removed. Clothing must be in
bags that are tied closed.

The Clothing Drives are sponsored and
organized by the 40 Homewood
Avenue Green Committee.

The Finer Points of our Heating System

By Timothy Oakes

With the cold of winter upon us, there are a few things to keep in mind regarding the heat in the building. While similar articles have been published in the past, there are many new residents who may not fully understand how it works.

The building was designed with in-floor radiant electric heat controlled by individual en-suite thermostats which regulate the temperature of the radiant coils in the ceiling of each unit. It is unlikely we will ever know why the thermostats were installed this way, rather than controlling the heat in the floor of each unit, which would make much more sense.

Be that as it may, there are a few things to keep in mind:

- The heating system is designed to work with the MUAU (make-up air unit). This unit is on the roof and brings fresh air into the corridors. It is essential for the system to work properly that there be ventilation from the corridor into each suite.

This is the reason why we do not permit weather-stripping around the suite entry doors.

- The heat produced by a radiant system is NOT like the heat generated by a forced air furnace, where an increase in temperature adjustment of the

thermostat results in fairly quick changes of room temperature.

Any change in the setting of a thermostat in our building takes between 12 and 24 hours to be felt by the occupant.

This is why we ask residents to set their thermostats at the beginning of the winter season and then **LEAVE THEM ALONE.**

- For those who are new in the building, you may have noticed a small box on the wall near the entry of your suite with a persistent blinking light. This is part of a *Thyristor* system installed in 2002. The boxes in each unit are sensors that allow the system to reduce and increase heat where it is most needed on cold days.

So that is the basics of how the system operates, without getting too technical.

Now I would like to address a few non-productive practices that some residents are doing which are generally defeating the heating system and costing all of us added and unnecessary expense on our electric bills:

- **Turning off the thermostats in your unit.**

This is not a good thing to do, as the person directly above you will then feel cold and will turn their thermostats up in an effort to stay warm. The person above them will turn their thermostat down or off because they are too warm, and so on..... you can see how this causes a cascading effect.

- **Opening the windows.**

Again, a very bad idea for similar reasons.

The *Thyristor* system will sense the heat loss and direct more heat to the unit with the open windows. This, in turn, causes the person above to feel too warm and they will turn down their thermostat. The person above them will turn theirs up, and so on..... again, the cascading effect.

- **Using portable room heaters.**

For exactly the opposite reason to the windows being open, a similar situation happens. The *Thyristor* system senses the increase in temperature and reduces the heat to the unit, thereby causing the person above to feel too cold and they will turn their thermostat up to increase the heat, and so on..... once again, the same kind of cascade.

Every one of these practices, while temporarily satisfying the needs of an individual unit owner, are causing heating problems for every resident above them up to the PH floor.

As an added precaution, our building operates on a 60 Amp service and most portable heaters plugged into a wall outlet will trip the breaker for that circuit and may trip the main circuit for the whole suite in the Electrical room, which could necessitate the time and expense of bringing in an electrician to correct the problem.

The hope in writing this article is twofold:

Firstly, the Board of Directors has taken a united position about being more proactive in informing and educating residents about the operations of the building and especially the ways in which we can all work together to conserve energy.

Secondly, we hope to get everyone working together to keep our costs down. For those who were not at the budget meetings held for the owners in December, we highlighted the fact that our electricity costs are the highest line item on our annual budget, eating up 36% of our budget.

The cost of electricity is going up by 18% in the first few months of 2016, which translates into an increase of more than \$100,000.00 on our annual costs.

We need everyone in the building to get on board with us to conserve our electricity costs and the simple and effective tips in this article will go a long way to that end.

The Board of Directors has made the decision for the budget this year to re-allocate funds that had been set aside for a planned project to offset the unexpected and steep increase in hydro prices. Without this advantage, we would have had to raise the maintenance fees by 7.1%.

While we are in a position to do that for 2016, and keep the increase in maintenance fees at a reasonable level, there is no guarantee that we will be in the same position for 2017.

We are doing all we can to maintain our cost increases at reasonable levels. However, when money is wasted by using excessive electricity to heat our units, every one of us is affected and the Board of Directors will be in the unenviable position of having to

increase the monthly maintenance fees by an unprecedented degree.

It is important to note that we are starting the window replacement program this year and will be installing state-of-the-art energy-efficient windows that should dramatically improve our ability to keep the building heated and cooled at much less expense.

We are mindful of the fact that we have a number of elderly residents who are very sensitive to the cold weather and the management office makes every effort to "tweak" the system to accommodate them. We cannot say this enough – turn your thermostats to the Comfort Zone and leave them there for the duration of the heating season.

There is only so much the management can do. What is needed is a mutually cooperative and concerted effort by management and every resident to stay warm, conserve energy and lower costs.

As is always the case, we are grateful for your efforts and thank you for your continuing cooperation and support.

We welcome your feedback. Please let us know if you found this article informative and send us suggestions for future articles. Write to the Board of Directors at:

board40h@gmail.com

Made any New Year's resolutions??



Christmas Tree Disposal

Some residents will have natural ("real") Christmas trees for the festive season.

The City of Toronto will pick up trees after the holidays and when the right time comes, people should place their bare trees just outside the garbage shed on the grass to the north of it. Please don't wrap the tree in a plastic bag.



Please note that short-term rentals and B&Bs are NOT permitted in the building.



Pet of the Month



by Laura Toth

Lola



I adopted Lola Felana Copa Cabana (aka Lola) on October 27, 2012 specifically because she was a black cat up for adoption close to Halloween. Black cats should not be given away near Halloween lest they be adopted by individuals with nefarious intent.

I found Lola on Kijiji and she owned my place within minutes of arriving here. She is outgoing and friendly and she warms up to visitors quickly, often claiming a lap for a nap. She travels well and has visited her grandpa in Brantford several times. Lola can often be seen in my ground floor living room window watching the squirrels and pigeons come deliciously close to her. In the better weather she hangs out on the balcony with me but only on a leash and harness.

Lola's favourite treat is all natural peanut butter and she knows when it's been taken out of the fridge. No piece of toast with peanut butter is safe with the likes of Lola around! She's a great companion and it's wonderful to see her in my window when I come home from a long day's work. Look up the next time you walk in front of the building and you may see her pretty yellow eyes following you.

January Events

With so many events happening each month, here's a few things to do in January:

Jan 2-Feb 20	DJ Skate Nights at Harbourfront
Jan 8-10	Motorcycle Supershow
Jan 8-10	Canada's Bridal Show
Jan 8-10	5th Annual Tango Marathon
Jan 9	Mayor's New Year's Skating Party
Jan 9-10	The Toronto Franchise Expo
Jan 9-17	Toronto International Boat Show
Jan 18-24	Toronto Design Offsite Festival
Jan 21-24	"Come Up To My Room" at Gladstone Hotel
Jan 22-24	National Bridal Show
Jan 21-21	Interior Design
Jan 23-24	Toronto Ultimate Travel Show
Jan 26	Under the Sea: Celebrating Photography Beneath the Waves
Jan 29-Feb 11	Winterlicious 2016
Jan 30	Roundhouse Winter Craft Beer Festival
Jan 30-31	Toronto Tea Festival
Until Jan 24	Andy Warhol: Stars of the Silver Screen
Until Jan 28	"Click Bait & Switch" at Second City
Jan – Mar	"Escape from the Tower" at Casa Loma



IN MEMORIAM

The fifth floor has lost two long term residents. Pam Brunton and Don Sangster died recently

Pamela Brunton



Pamela Brunton, an "original" resident from 1972, died on December 1st. (There are about 21 "originals" still here.)

When Pamela first approached 40 Homewood about buying a condo, she asked for a bachelor apartment. Due to the purchase prices being geared to income, she was told that her income was too high for a bachelor and that she would need to buy a one-bedroom apartment. She was glad afterwards that she did.

Pamela was the sixth of seven children, growing up in North Wales. One sister survives. Her education was disrupted by a teacher shortage during World War II (they were conscripted). Pamela worked in Chester and then in London. A sister had moved to Toronto and, after a visit, Pamela also decided to move here, which she did in 1965. Her work here was as a medical secretary to several medical specialists.

One of her loves was sports: she played field hockey, tennis and golf and — in later years — enjoyed watching golf and tennis on the sports channels. She'd say, "Oh, I was in South Africa yesterday!"

Pamela will be missed by her friends at 40 Homewood.

Don Sangster



Don passed away at Toronto General Hospital in the early morning of Sunday, December 27.

Don was an active resident at 40 Homewood, serving on the Social Committee, hosting Movie Nights in the recreation room, and sharing his vast repertoire of jokes which often drew equal measures of laughs and groans. Don was a unique and colourful character, and he will be missed by many residents. His obituary will appear in the Saturday, January 2nd edition of The Toronto Star.

A brief service followed by refreshments will take place on Sunday, January 3 at 1pm at the Giffen-Mack Funeral Home, 4115 Lawrence Avenue East, Scarborough.

Visitation will commence at 11am.



**Pam
&
Don**





"Good Eats, Cheap Eats, Sweet Spots"

by Cammy Lee-
Bostwick

Happy New Year 40 Homewooders!

I hope everyone had a healthy, safe, and joyous holiday. For many of us, the holidays call for indulgences, in food, beverage, and in activity. So I thought in light of the new year, a time for "resolutions", it would be fitting to start 2016 with some healthy fare, and somewhere within walking distance.

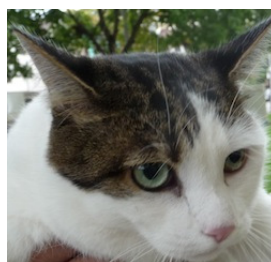
This month I take you to the Richtree on the bottom level of the Eaton Centre on Yonge Street, near the Queen Street entrance. If you haven't been there for awhile like me, the shopping mall has really transformed. Inside this Richtree, it is like a small chic food court: one can choose from Ramen, burgers, pulled pork, or even a pub. I chose the concession that is like a salad bar. But the choices here are a bit more varied than what I recall. I selected two poached salmon fillets, each the size of a small patty, spinach, arugula, beets, avocado, pepitas, sauteed mushrooms, cherry tomatoes, and topped with a generous sprinkling of grated parmesan cheese. There is a selection of dressings but I chose to make my own with olive oil, lemon, a splash of balsamic, and salt and pepper. As with most salad bars, price depends on weight.

I got this to go in a trendy brown cardboard container so Brent could get his fix of 'Jimmy the Greek' at the main food court in the north end by Dundas

Street. He got the chicken souvlaki plate that came with rice, potatoes, and salad. It was a large amount of food, and hit the spot, as he said. But for me, after a week of butter, cream, carbs, and booze, my body craved something healthy. The salmon fillets are pretty standard; what I liked was the combination of ingredients. The ripe avocado, provided a subtle flavour, and when mixed with the oil, seemed to elevate the dressing. The pepitas (shelled pumpkin seeds) offered an interesting texture while the beets give a cleansing burst of freshness. Not bad at all for a food court. And at just under \$7, it is also an economical choice compared with Brent's plate which came to \$10. Both great choices, both different, both satisfying in their own ways.

I look forward to sharing more delicious new discoveries and culinary delights with you in 2016!

Cheers to All!



Spotty Wisdom

This month Spotty
says:

Universe, universe,
please give us a deeper
understanding of your
totality.

10 Ways to Beat the Winter Blahs

submitted by John Kantor

The nights are getting longer, days are getting shorter and it's cooling down all around. Around this time of year people tend to get the "winter blues," luckily there's a lot you can do to keep the blues off your back and make the most of winter!

1. Exercise

Not just for resolutions - the positive feeling you get from a workout can last for several hours after. You'll have more energy and improve your mood.

2. Eat Healthy

It's tempting in the winter to fill up on warm comfy foods, but all those processed foods (sugar and carbs) are devoid of the nutrients and can zap your energy levels. More than ever, it's important to eat healthy foods and vegetables.

3. Get Some Sun

The sun provides Vitamin D for free, and all that sunlight is great for boosting your mood. Try to spend a little more time outdoors, keep the shades up during or get UV bulbs for your desk.

4. Stick to your Resolutions

Success feels good! Working on new healthy behaviours (like exercising, not smoking, etc.)

can be tough, but achieving those goals is a

5. Avoid Drinking Too Much

Alcohol is actually a depressant, and rather than improving your mood, it only makes it worse. A little drinking is fine for most people, but too much is never a healthy choice.

6. Spoil Yourself

Plan a trip a trip, a party, a day at the spa. Spoil yourself a little and have something to look forward to amidst what may seem to be an endless winter

7. Relax a Little

December was such a busy month - time to take a little time for yourself. Don't get too stressed at work, and don't be afraid to say "no" to some events.

8. Embrace the Winter

Instead of avoiding the cold and snow, enjoy it! Ice skating, hockey, snowboarding, skiing and sledding!

9. Stay social

A phone call, a chat over coffee, or a nice email or text to catch up - don't underestimate the power of friends, family, mentors, co-workers, and neighbors to cheer you up!

10. Catch some Zzzz's

Who doesn't want a little more shut-eye? Aim for 7-8 hours each night, and try to keep your bedtime and waking time consistent.



10 EASY ECO-FRIENDLY NEW YEAR'S RESOLUTIONS FOR 2016

1. Take the 40 Homewood Avenue Green Committee's 10% Challenge.

Help us save \$100,000 in 2016 by using only 90% of the water, electricity and gas you currently use and make a point of recycling at least 10% more.

2. Take part in the Green Committee's semi-annual clothing drive. Don't throw out your old clothing. Donate it to the Canadian Diabetes Association. In Jan. and Sept. the Green Committee arranges for a truck to arrive at the back door to pick up "gently used" clothing, household items and electronics. The next date is Sat, Jan. 16th.

3. Change your printer setting to 2-sided.

4. Check your windows. If you have any sliding windows that jiggle, let the office know. Someone will change the seal for you – no charge.

5. Test your toilet! Put food colouring in your toilet tank. If it seeps into the toilet bowl without flushing, you're leaking water and money. Check the 40 Homewood website for lower cost plumbers or handymen or ask in the management office.

6. Put less in the garbage and more in the Blue and Green bins. Take 5 minutes to look over your green and blue bin recycle sheets and the 2016 Recycling Calendar recently sent from the City of Toronto. There may be items you didn't know were recyclable.

7. Change at least one bulb to a CFL this month, (if you still use incandescent bulbs). You'd be surprised at much we'd save if we all used CFLs.

8. Wash your clothes in cold water and buy a 'clothes horse' for the bathtub.

Wash your clothes in the laundry room with cold water. Take them up to your unit and hang them to dry. This will save you \$ and 40 Homewood \$ in gas and electricity and your clothes will last longer. *Canadian Tire and Home Hardware usually have them on sale for under \$20.00.*

9. Switch to e-billing for your monthly bills and statements. (VISA, MC, phone, banking etc.) Sign up for the Red Dot campaign and help reduce the amount of junk mail that arrives in the building.

10. Flatten your recyclables – at least a bit, when possible. We don't pay for recycling but we do pay for garbage. There are times when the Blue bins are full and so residents place their recyclables in the garbage. If we all just crush our recyclables a little we'll have a lot more room.



The 40 Homewood Avenue Green Committee introduces THE 10% CHALLENGE

Happy New Year from your friends on the 40 Homewood Avenue Green Committee. We hope that you have a happy and healthy 2016 and we look forward to working with you in making the building a greener and more environmentally-friendly place to live. Since 2009 your Green Committee has actively advocated for things green. We've hosted info. nights, shown environmental films, held a Green Fair, produced flyers and posters informing residents of ways to save electricity, water and gas, provided info. on living a healthier life, organized 8 clothing drives and much more. We've had some successes but so much more needs to be done. In 2016 our focus will mainly be on hydro, water and gas savings as well as decreasing the amount we pay for garbage collection.

Last month the Board of Directors released the budget for 2016 and announced a substantial increase in gas, water and hydro rates. The utilities' budget has risen to over \$1.13 million dollars and the budget for garbage pick-up has jumped a whopping 38% to \$22,000. It is estimated that electricity alone will cost an additional \$100,000 this year. Common Element fees have risen by almost 4% and are now in the mid to high range compared to other Toronto condominiums. Should these fees continue to rise, units at 40 Homewood may become less desirable

as newer condos offer maintenance fees up to 50% lower.

The Green Committee would like to challenge residents to reduce their energy / water consumption by 10% and to recycle 10% more this year. If accomplished that would mean saving over \$100,000. We'll offer helpful hints throughout the year on how this can be done. Wouldn't it be great to keep utility costs under \$1,000,000? Although there are some areas of the building that will remain expensive to operate, the 492 residential units make up the bulk of the costs. A 10% savings can be accomplished if we all work together and make an effort.

Here are a few easy suggestions;
(there'll be a lot more to come)

Water

1. Turn off the water when you shave. Fill up the sink instead. Turn off the water when brushing your teeth.
2. Use a low-flow showerhead. Even if you already have one, every minute you shorten your shower can save up to 250 litres per month.
3. Turn off the water when washing your dishes (Plug the drain and fill the sink to wash and rinse dishes or use the dishwasher and run when full.)
4. Put aerators on your faucets to save water.
5. Leaky faucets waste water. Report them to the office. If your faucet drips at a rate of one drop per second, you can expect to waste up to 200 litres of water per week. Remember that hot water requires gas to heat it up. A dripping hot water tap wastes both water and gas.

Gas / Electricity

1. Remove your clothes from the dryer when they're dry – usually well before the time expires.
2. Check out www.torontohydro.com for valuable coupons.
3. If you still have older incandescent light bulbs, change at least one before spring.
4. Buy an indoor clothes line / clothes horse and dry your clothes in your apt. (your clothes will last longer, you'll save the building \$, you'll add humidity to your apt. and you'll save money, too.
5. If your windows are rattling please contact the office so that repairs can be made.

Recycling / Garbage

There are times when the blue bins are full. If we all just step on or flatten our recycling a bit it can reduce the total amount in the bins drastically. If you cannot crush your boxes, please leave them by the side of the blue bin.

Remember, recycling is free but garbage costs \$\$\$\$.

1. Save all Kleenexes and napkins for the green bin. Make a point of throwing all vegetable scraps into the beige bin and once a week take it down to the Recycling Room. (If you don't have a beige bin or blue recycling bag or need a new one, please ask at the office).
2. Make a point of reducing your use of plastic bags this year. Always carry one or two folded tightly in your backpack or purse.
3. Throw your garbage down the chute and not into the garbage bin in the Recycling Room. Chute garbage is compacted to about 1/3 the size.

4. Don't throw your doggy poop bags into the garbage. These belong in the green bin.
5. Save your batteries, Brita filters, old stamps, inkjet cartridges, Nespresso coffee cartridges, household hazardous waste and VHS tapes for the Recycling Room. The Green Committee arranges for their disposal / return. Money raised from the inkjets and Nespressos goes to the Daily Bread Food Bank.

**IF WE ALL SAVE A
LITTLE, WE'LL ALL
SAVE A LOT!**

**THE 10% CHALLENGE
STARTS NOW!**

Smoke Alarms



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

**Happy New Year from the
Newsletter Editorial Committee**

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