4-D HOME WOOD Newsletter

April, 2016



April 1, 2016

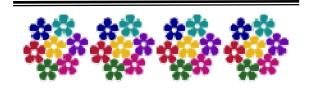


of us wait until income tax time



April $22^{nd} - 30^{th}$, 2016











The person who used to go out real early in the morning to pick up the Metro and 24 Hrs. newspapers for us is no longer able to do it. This will affect people going to work.

The papers will be there later in the morning. These papers are available from a table in the Meeting room.



The pool will be closed from Friday, April 1 - Friday, April 8 for replacement of the main drainpipe.



Spotty Wisdom

This month Spotty says:

To conserve a good mind is to listen to frequently and rebalance it as needed.



Please collapse your cardboard boxes before putting them in the blue bins. It really saves space and will allow us to recycle even more.



"Good Eats, Cheap Eats, Sweet Spots"

by Cammy Lee-Bostwick

Happy Spring 40 Homies!

This month I take you just east on Carlton, to the corner of "Carl & Parl": Kan Pai

I've been meaning to go there for awhile as it seems that whenever I walk or ride by, it's full: a good sign. And it seems like a young crowd as well, not unlike the clientele you see along the Ossington strip, like the featured resto a few reviews ago.

This is where Ginger, the old neighbourhood standby was. But now that it's renovated there is little reminder of its former incarnation, except for those big terrific windows and the location of restrooms and kitchen. The walls and floor are wood, and it invokes the decor of the Japanese restaurant up the road, Zakkushi.

But Kan Pai is Taiwanese. Now, I've never been to that part of Asia, so can't comment on its authenticity. But it's reminiscent of Japanese izakayas that are all about small plates to share, like tapas. For \$6.00 I had the "fish fingers". It is funny what expectation can do to your palate. I was imagining mini fish fillets. And when it arrived it looked liked hand cut fries, with a sprinkling of scallion and a small dish of tartar sa uce. This fish was chewy, like the fish "cake" you get in ramen. It's fish, but it's

mixed with some kind of starch and seasoning so it forms a fishy paste, that's re-formed and is chewy. Okay, I realize this is not sounding so appetizing right? Well, I guess you would be sort of correct, but it wasn't so bad actually --it's more like calamari. Chewy and fishy. But the deep fried tofu! Yum! It came in little cubes in a sweet chili and cilantro sauce with some micro sprouts on top. I couldn't see the cilantro but having the cubes infused with just a hint of it, made the dish. This is truly a winner for me. I also had the spinach and vegetable rice for \$8.00. It came with a silver dome over it. Again, expectations. The server tapped it before removing the bowl revealing a dome-shaped mound of green rice! How fascinating! There was no spinach in sight, so it was spinach juice that dyed the grains. I immediately thought of Dr. Seuss, and really, how could you not? But if you can get over the shocking green, it is good. It had bits of yellow pepper, broccoli, and egg mixed throughout.

Now what they are really famous for is the fried chicken. On the menu it says to give the kitchen 30 minutes at peak time. Thankfully, it was not peak time. You can get 3 pieces for \$10.00. And one glance at what patrons were scarfing down, and a quick look at the deep fryer basket which was full of crispy fried morsels of yumminess, you can easily see what the star dish is. I tried the crispy coating which was quite standard, but my friend attests to the flavour. Meaning he said nothing but in a matter of minutes all that was left on his plate was some residual grease...My companion also had the pork belly fried rice...he was pretty quiet after that arrived too...

I could not finish all my food, so had the server pack the rest. She came back

holding a cute container made of bamboo with a paper cover that was held in place with a red rubber band. How original!

Even though the plates are small, it is still a pretty reasonable night out. With 4 Tsingtao beers, the total was almost \$70.00, not bad really. And actually, quite remarkable when you consider that a meal that invokes Dr. Seuss and flirts with your expectations, is well, a total riot! And totally worth a return trip.





SPAING IS ON THE WAY!





Water

Take navy showers - rinse, shut the water off and soap up, turn the water on again to rinse off.

Garbage

Reuse your produce bags. Rinse them out when you finish using them and store them with your shopping bags.

Electricity

Turn off lights when you leave the room.

Gas & Electricity

Run the washing machine with cold water (saves wear and tear on your clothes, gas, and electricity).



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!"



It's about that time of year when New Year's resolutions start to fade and gyms empty out, but it doesn't have to be hard to make healthy choices for you and your family. The 2016 Green Living Show, taking place at the Metro Toronto Convention Centre, April 15- 17, features over 400 exhibitors with thousands of the best products, services, food, innovation and more – all designed to help promote a healthy and sustainable lifestyle year-round. From clean eating to clean power, it's all here under one roof.

Adult Admission \$15.00 Senior Admission \$10.00

METRO TORONTO CONVENTION CENTRE, North Building, 255 Front St. W., Toronto



Red Dot Campaign

If you have a red dot in your mail box to avoid receiving junk mail but have been receiving flyers, there is a new procedure implemented by the Post Office.

They now want us to put a notice in our mail box with the words "NO ADMAIL" on it and place it where the mailperson can see it and the junk mail will cease coming.



Questions and Answers to and from the Board and Management

prepared by Timothy Oakes

Question: When will the laundry card reader be back in operation and how do we reload cards on the weekend when the office is closed?

Answer: As reported in the February newsletter, the software updates are expected by the end of July. In the meantime, cards can only be reloaded during office hours. For those who cannot attend at the office, leave an envelope in the office mail slot containing your laundry card, your name and unit number, and cash (paper money only, please, and be reminded that the maximum amount on the card is \$40.00). The office will reload your card, and give the envelope with vour card and receipt to the security guard for you to pick up on your way home (after 4 p.m.) at the security desk in the lobby.

Question: During the recent fire inspection, my smoke detector was not working. Should I replace it with a new working unit, or will the office provide one for me?

Answer: The fire safety inspectors will provide their report to the office very soon, with a list of the units that do not have working smoke detectors. It is required by law that every unit have a working smoke detector. The unit owner is responsible for installing and

maintaining working detectors.

Notice will be given to units that do not have working smoke detectors.

Following the end of the notice period, a follow-up inspection will be performed. Non-compliant units will be issued a ticket and fine by the Toronto Fire Department and will be required to comply with the order.

Question: When will the window replacement project begin?

Answer: We have engaged an engineering firm to oversee the project to completion. They are in the preliminary phase, doing standard unit inspections and measurements to determine what windows are best suited to our building. As the project progresses, there will be meetings set up to keep owners informed

Question: Why has the water been shut off several times in the past few months?

Answer: We have been doing major upgrades on the water supply to the building, replacing the boilers and booster pumps, which requires the water to the building to be shut off. There will be at least one more shut off when the main valve to the city water supply is replaced.

The pool had to be drained, unfortunately, as it was recently discovered that the main drain pipe for the pool was leaking. It has been replaced.



April Events 2016

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

April 1-3	Cottage Life Show
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April 1-3	The Yoga Conference and
	Show
April 2-3	The Baby Show
April 8-10	Toronto's Bridal Show
April 8-10	Toronto Food + Drink Market
April 8-24	TIFF Kids International Film
	Festival
April 9	The Trinity Bellwoods Flea
	Market
April 12-16	Toronto Arts & Fashion Week
April 14	Comic Vision 2016
April 14	County in the City
April 15-17	The Green Living Show
April 15-23	Images Festival
April 16	The Food Gardening Show
April 16-17	WWF's CN Tower Climb for
	Nature
April 18-30	Digifest 2016
April 22-24	Toronto Animation Arts
	Festival
Apr. 28-May 8	Hot Docs Documentary

GROWING OLD IS NOT FOR SISSIES

Festival



RECIPE EXCHANGE

Goca Gola Ham

½ ham (5-6 lb.)
1 cup brown sugar
1 ½ cup Coca-Cola®
1 cup crushed pineapple (optional)

Wash ham thoroughly. Rub fat side with brown sugar. Pour Coca-Cola over ham. Pour crushed pineapple over ham. Bake at 450 degrees for 3 hours. Makes 6 servings.



Spring is just around the corner.
Residents will be planting flowers on their balconies. Please remember when watering your flower boxes, do not water them too near the edge to avoid water pouring down to the balcony below

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