



# HOMEWOOD

*Community Newsletter*

*June, 2016*



June 19<sup>th</sup>, 2016

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Happy Pride Week!  
June 24<sup>th</sup> - July 3<sup>rd</sup>,  
2016

Pride Parade  
Sunday, July 3<sup>rd</sup>, 2016

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June 8<sup>th</sup>, 2016  
7:00 p.m.  
Ramada Hotel  
300 Jarvis Street  
Just south of Carlton  
Street

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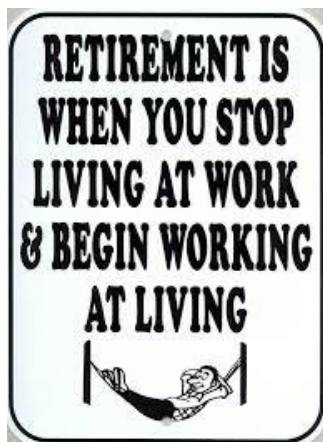
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June 6<sup>th</sup>, 2016

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## Independent Retirement Living

In June 2011, 92.1% of the 5 million people aged 65 and over in Canada lived in private households.

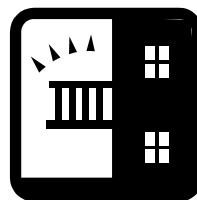
Only 7.9% lived

in retirement residences or long term care facilities, according to Statistics Canada. Living in your own home as a senior requires solid financial planning and good health. It is also very important to keep the home safe to prevent falls. Common mistakes are scattered carpets and long electrical extension cords, which pose a trip and fall hazard. Low lighting can reduce the visibility. If you have mobility problems, you can have railings installed on both sides of staircases and also grab bars in the bathrooms.

A panic button to alert a monitoring centre that you need help is also a good idea, especially if you live alone.

Seniors typically need the most support in their homes, when they are in their 80s and 90s. They may be dealing with several chronic conditions and they may be on multiple medications. If a senior can no longer cook a meal, services can be arranged to bring in frozen or fresh dinners every day through private or volunteer services in the community.

Cleaning services, personal services and housekeeping services can all be arranged, but you might have to pay for some of it.



## Balconies

We would like to remind everyone to review the article in last month's newsletter about balconies. It can also be viewed or downloaded from the newsletter archives on our website. A few residents are storing items in large bulk containers and/or shelves on their balconies. Please be reminded that such bins are not permitted to be visible over the height of the balcony railing. If you have bins stacked on your balcony above the railing, please remove such bins or shelves immediately.

It goes without saying that we are constantly reminding residents not to throw anything off of their balcony, yet every year we are plagued with complaints of over-watering, cigarette butts, lighters, leaves, papers, books, umbrellas and occasionally something much more dangerous. Only recently, someone on one of the upper floors on the southeast side of the building dropped a pressure cooker from their balcony. This is potentially life-threatening for anyone below, and we are strongly advising people to please be vigilant and do not throw ANYTHING over the balcony railing.

We want everyone to be able to enjoy the summer weather on their balcony without having to fear for their safety.

A little boy went up to his father and asked: "Dad, where did all of my intelligence come from?" The father replied: "Well, son, you must have gotten it from your mother, 'cause I still have mine."

## Random Thoughts

I didn't make it to the gym today.  
That makes five years in a row.

I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

Last year I joined a support group for procrastinators. We still haven't met yet.

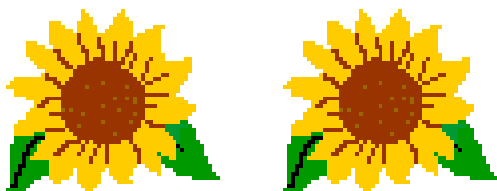
When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.

The biggest lie I tell myself is, "I don't need to write that down, I'll remember it."

I don't have gray hair; I have "wisdom highlights."

If God had wanted me to touch my toes, he would've put them on my knees.

Of course I talk to myself. Sometimes I need expert advice.



## Lockers

No owner shall occupy any empty locker(s), if they are not assigned to their unit by the Management. Lockers are normally assigned when an owner takes possession of their unit. Recently, we have discovered several lockers being used improperly, and instances where a lock has been cut on a locker that is assigned but not being presently used for storage. When a locker is discovered to be occupied illegally, a notice is posted giving the offending party time to remove the contents. Should the contents not be removed within the allotted time frame, they will be removed and disposed of without any further notice.

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## Congratulations!

by Helen Knight

Congratulations to our Social Committee for beginning the new Armchair Travelogue with a bang!

Felix Almeida treated us to a wonderful journey to Goa, the place of his birth. I knew we would see interesting photographs and hear interesting tidbits about his 3 months there.

But it was so much more than that, Felix told us about the history of Goa, about the people, the languages and how the different religions intertwine and live peacefully together. We saw amazing photographs of old churches, and temples and wonderful homes.

The countryside is lush and beautiful and I think a few of us felt the urge to go to Goa...even better have Felix as our guide!

Thank you Felix and thank you Social Committee, I look forward to many more Armchair Travelogues!

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## "Good Eats, Cheap Eats, Sweet Spots"

by Cammy Lee-Bostwick

Happy Happy June Everyone!!

It's been slow to start but feels like we are in full spring swing now folks! Which means, the time for getting "out and about" is here!

So this month, I simply take us up the road to a place I'm pretty sure many of you have gone to: Loblaws at Maple Leaf Gardens. I will offer you my top picks of yummy delights, all within a super quick walk.

First of all, it isn't 'Iron Chef' fare, but honestly, who cares? Especially when you have so much choice from AM - PM that is open 364 days of the year. And, being 3 blocks away, it couldn't get more convenient, really. I will select one appetizer, one salad, a main, and a dessert.

For the appetizer, I choose the shrimp dumplings at the T&T sushi bar near the escalators. For \$5.99 you get 6 dumplings stuffed full with shrimp...not bad at all. They are much better heated in the microwave. I've been to many Chinese tea houses, or "Cha-Lau" and these "ha-gow" are as good as any.

My favourite salad there, and there are so many to choose from, has to be their riff on a Nicoise, with seared tuna, boiled egg, olives, green beans, cherry tomatoes, and new potatoes. At \$7.99 this is a salad that eats like a meal. All components are presented separately so once I open it I mix them all up with a drizzle of the balsamic dressing it comes with. The greens are a tender mesclun mix which suits the subtle flavours of the rest of the salad.

And for the main, I choose the grilled salmon fillet in teriyaki sauce with a small side of bok choy (see pic). At \$8.99 this is not a steal, and it needs to be said that it only went up in price very recently; it used to be a dollar less. What is consistently impressive about this entree though, is that the fish is always grilled to perfection; never underdone or overdone. I recommend that you eat this one cold or slightly

warmed. Nothing worse than having to eat dried and chewy over-cooked fish.

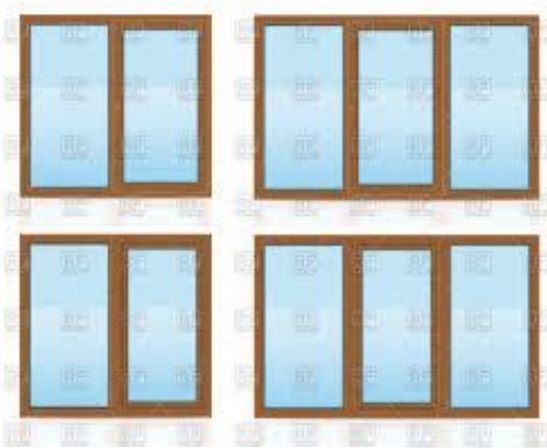
And finally, for dessert, I choose what I could call a 'snow eclair' (price?) and they don't always have them. Shaped like a hot dog bun of deep fried dough (what could be better, right?), whipped cream is piped into the centre and it is finished off with a dusting of confectioners sugar. With a cup of coffee, this dessert is the perfect end to a meal that is reasonably priced and convenient beyond belief. What a lovely addition to our neighbourhood.

Seating is available between the deli and salad bar. There is also additional seating by the windows near the cafe. And there is even more seating on the second floor just outside the LCBO. I have gone there to do work before and have to admit, I don't do it anymore. I don't think it is the safest place, and if you are staying for awhile and are alone, you'll have to bring everything with you when you are going to the washroom. Or better yet, take it all to go, as it is designed to be so, and have an impromptu picnic in Allan Gardens, enjoying the sunshine!

Ambience of the dining experience at Loblaws is not what this is about, and the odd character (s) you will see, but I would still say, amidst the buzz of downtown Toronto, this is truly a good eat, sort of a cheap eat, and definitely a sweet spot to boot.







## Windows, Windows, Windows

The Board of Directors would like to take this opportunity to follow-up on the owners meeting on May 18 and the subsequent survey sent out.

A very big thanks to the many residents who attended the meeting. It was a very lively discussion and while emotions ran high at times, the Board members and property manager were very pleased with the discussion and the issues the meeting raised.

Please be reassured that this was the first meeting regarding the window replacement project. The survey that followed was simply that, a means for the Board to gauge the populist sentiment and take the results into consideration when meeting with the engineers to address the issues and concerns that were raised and to guide us in the ongoing negotiations with the engineering firm.

The survey was never intended to be a formal members vote. Some have argued that non-resident owners were not included, and that tenants were included. The survey was emailed as well in order to provide it to non-resident

owners. We felt that the more opinions we can gather, the better to guide our conversation as the project advances.

While the meeting raised more questions than it answered, the Board and management see this as a very positive first step. Your questions and comments provide extremely valuable input.

For example, the issue of floor-to-ceiling windows is of concern to many residents. It has been pointed out to us that all the new buildings in the city have them. While that is true, all of the new buildings have central air, which puts us in the unenviable position of trying to satisfy the desires of those who want full-length windows against the desires of those who want the option for window air conditioners and those who wish to either maintain or obtain the ability to open the window for fresh air. It is a complicated issue and tough decisions will have to be made.

As stated in the meeting, at this point, we have engaged the engineering firm to oversee the entire project. There has been no date set for the window replacement to begin. We are still in the very preliminary stages of the project.

Your Board of Directors is always doing our best to balance the needs and wants of the residents with what is best for the building.

We trust that this letter will ease some of your concerns. Please continue to provide us with your comments, questions and suggestions. And thank you for your continuing support.



# June Events 2016



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

May 26-June 5	Inside Out - LGBT Film Festival	June 11-12	Beaches Arts & Crafts Show
June 1-4	50+ Festival @Ryerson	June 11-12	Enbridge Ride to Conquer Cancer
June 1-5	aluCine 16th Latin Film Festival	June 11	Yonge Lawrence Village Street Fest
June 2-11	4th Scarborough Worldwide Film Festival	June 16	Scotiabank Rat Race
June 2	Lip Sync Battle	June 13-19	NXNE Music Festival (City-wide)
June 3	Toronto Craft Cider Cruise	June 16-18	Wine & Spirit Festival
June 3-5	Mac and Cheese Festival	June 17-18	Toronto Craft Beer Festival 2016
June 3-5	Bloor West Art Tour	June 17-19	Boom 97.3's Beach BBQ and Brews Festival
June 4	Riverside Eats & Beats Street Festival	June 18	Relay For Life Toronto
June 4	Toronto Craft Brew Cruise	June 18	Leslieville Tree Festival
June 4-5	18th Annual Riverdale Art Walk	June 18-19	Waterfront Artisan Market
June 4-5	Toronto Pro Super Show	June 19	6th Annual Yorkville Exotic Car Show
June 4-5	The Fair Trade Show	June 19	Journey to Conquer Cancer Run/Walk
June 4-5	Muhtadi International Drumming Festival	June 19	<b>Father's Day</b>
June 4-5	Field Trip Music and Arts Festival	June 22	Play the Parks Concert Event
June 5	Diversity Fest @Yonge & Dundas	June 23-26	Taste of Toronto
June 6	Julie Taymor on A Midsummer Night's Dream	June 24-July 16	Toronto Jazz Festival
June 6	Toronto Commemorates D-Day	June 26	Heroes Run for Huntington Disease
June 9-12	12th Annual Toronto Tango Festival	June 26	Annex Family Festival
June 9-17	Italian Contemporary Film Festival	June 26-27	A Night At The Aqueerium
June 10-26	Luminato Festival	June 30	Movies in St. James Park
June 11	Roncy Rocks Music & Arts Festival	June 24	<b>St. Jean Baptiste Day (Holiday)</b>
June 11	Long Brand Festival Street Festival	July 1	<b>Canada Day (Holiday)</b>
June 11	Dundas West Street Festival	July 1-3	Redpath Waterfront Festival
June 11	Open Tuning Music Festival		

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## Green Committee Page

### Toronto Farmers' Markets

Farmers Markets are now open for the season. Check the Toronto Farmers Market website, [www.tfmn.ca](http://www.tfmn.ca) for a list of markets closest to 40 Homewood.



#### Buy an Energy-Efficient Air Conditioner

Air conditioners use energy to cool your apartment and reduce humidity levels. A correctly sized, energy-efficient model saves energy and money. Air conditioners have an energy efficiency rating — EER for short. Buy an air conditioner with an EER of at least 11 and an ENERGY STAR® symbol on the product. Although they usually cost a little more, you will use less electricity. Higher-efficiency air conditioners are usually higher quality, less noisy and better performing.

Ensure the air conditioner has the correct amount of cooling for your apartment. An air conditioner with too much cooling capacity will not operate efficiently, can cause your apartment to feel cold and humid, will use more energy and will cost more to operate. For apartments, smaller air conditioners are always better as they will run more efficiently and provide superior temperature and humidity control. Change or wash your AC filters monthly. This will greatly improve the air quality in your apartment.

#### Reduce Air Leakage

Most air conditioners come with an accordion-shaped piece of plastic which should be used in the space left when the window is opened. If you don't have this or it has been worn, visit a hardware store and have a piece of plexiglass cut to size. Dudley's Hardware on Church Street no longer cuts plexiglass, but check RONA, Home Hardware, The Home Depot or any other large hardware store. Do not leave the space open as you'll be letting the cool air out and the warm air in!

Seal joints around through-wall or window-mount air-conditioning units. Use caulking or spray-in foam. If the joint



### Window Air-Conditioners

If you are getting ready to install your window air-conditioner or are in the market for a new one please keep in mind the following tips;

is wider than 3 mm (1/8 in.), a foam backer-rod may be inserted in the joint first to prevent the caulking from flowing into the joint. Be careful not to block pipes or openings intended to drain condensation from the air conditioner outdoors.

**Please do not leave the air conditioner on all day if you are away.**

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**WORLD ENVIRONMENT DAY**  
**World Environment Day, Sunday,**  
**June 5, 2016**  
wed2016.com

World Environment Day (WED) is the United Nations' most important day for encouraging worldwide awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries.

Above all, WED serves as the 'people's day' for doing something to take care of the Earth or become an agent of change. That 'something' can be focused locally, nationally or globally; it can be a solo action or involve a crowd – everyone is free to choose.

Each WED is organized around a theme that focuses attention on a particularly pressing environmental concern. WED 2016 is themed on the illegal trade in wildlife under the slogan 'Go Wild for Life'. The logo and other materials are available for [download](http://www.wed.org/download) at [www.wed.org](http://www.wed.org). Every WED has a different global host country, where the official celebrations take place. WED highlights the environmental challenges facing that country, and supports the effort to address them. This year's host is Angola.

Through decades of WED celebrations, millions of people from all over the world and from all sectors of society have taken part in environmental action. By bundling their energy, WED has the power to generate hugely positive impacts on the planet.

WED 2015 saw a total of 2,861 registered activities with 1.26 million people participating worldwide.

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We usually don't think much about it, but we all waste food. Globally, this is a huge problem. Check out [www.thinkeatsave.org/](http://www.thinkeatsave.org/) for facts on food waste.

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The Green Committee has copies of **FED UP** and **This Changes Everything**: two recent and excellent environmental documentaries. If you would like to borrow them for a week please contact the Green Committee at [40hgreencommittee@gmail.com](mailto:40hgreencommittee@gmail.com) and we will leave them in the Management Office for you to pick up.

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**Saturday, June 11, 2016**  
**9 a.m. to 1 p.m.**

- Will be held at the front of the building on the walkway • Sign up for a table at the office starting May 2nd •
- Tables: \$2.00 each •



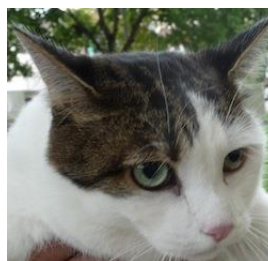
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## Spotty Wisdom

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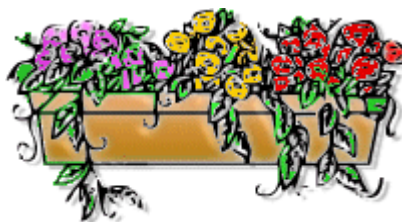


This month Spotty says:

Balance should always be used for a balanced world to be.

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Please make sure that your flower boxes are very securely fastened to your balcony. Someone could be very badly hurt should one of them fall off.

**Please respect your neighbours**

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