

40 HOMEWOOD *Community Newsletter*

April, 2019



April 21st, 2019

**Happy
PASSOVER!**

**March 31st – April 7th,
2019**

Hello Neighbour

Welcome to "Hello Neighbour!"

Our aim is to introduce residents of 40 Homewood to each other and to help foster the community that brought most of us here. Each month, we'll talk to people from two different units, take a picture, and share it all with the readers of the Newsletter. If you're interested in being interviewed, please contact Connie Dilley at 416-929-7948 (constance.dilley@esuite.ca) or Tammy Baker-House at (tammyhouse@hotmail.com).

We hope you enjoy "Hello Neighbour!"
Connie and Tammy



April 1st, 2019



"Good Eats, Cheap Eats, Sweet Spots"

by Cammy Lee-Bostwick

Happy April Homies!

Yes, spring is on the way! And with that warmer weather and the urge to get "out and about". It is with that inspiration that I take you out of our 'hood to a place totally worth the trek: Olde Yorke Fish & Chips at 96 Laird Drive in East York.

For those of you who know, I LOVE Fish & Chips! And I do have my favourites in pretty much every corner of our fine city. But what all these places have in common is that this fried food — fast food really — does not come at fast food prices. Which is why I am featuring the Olde Yorke: every Fridays until 3pm you can get an order of fried cod & chips for \$9.95.

Admittedly, halibut has always been my fish of choice, being dense with an almost sweet flavour to it. And mind you, while I do love the meaty mouth-feel of halibut — I have also come to appreciate the light flakiness of cod. And the lightness of the cod worked perfectly with the crispy batter (see pic).

On the day we went, the fries were a tad over-fried, but I've gone on other days and know they do good fries. You might ask, is it possible to do "bad fries"? And the answer is a resounding "Yes!" Olde Yorke does not have them, even if they were a bit hard. Every order comes with

a side of cole slaw, the "old-school" variety with a mayo base. Nothing fancy but exactly what you expect cole slaw to be. Another mainstay on the menu is New England Clam Chowder. If you ever need your insides warmed up, this chowder will do just that. Thick with cream and high in calories, it is a splurge for the waistline for sure, but well worth it and deserved — especially if you've made the trip (just not every day).

Staff were friendly and service quick. Parking can be found at the back or across the street in the big box stores parking lot. All in all, if you have a car (or know someone who does) Olde Yorke is worth the drive. You can always tell a place from the aromas that emit from the establishment; as soon as we got out of the car, I smelled Fish & Chips — you know, that good greasy aroma. There is nothing like that smell to whet one's appetite.

Because Olde Yorke is definitely a neighbourhood place (just not ours), the small-ish venue fills up quickly. What a bummer it is then to go all the way there only to be told you must wait one hour. With that in mind, I suggest going in the early afternoon after the lunch rush or late afternoon before the dinner rush. Either way, you'll be guaranteed a table. And if you go Friday afternoon, you can also take advantage of this \$9.95 special.



Hello Neighbour



Donna Yakibchuk and Dianna Allison

These are two go-getters: Dianna, literally, as a GO-bus driver, and Donna with her ambition of bringing Brushes and Cocktails to 15 different venues.

Dianna's parents emigrated from Guyana when she was a baby and settled in East York. After graduating from East York Collegiate, she held down many different jobs; working in restaurants, doing computer graphics, serving at MasterCard in customer service. Now, after 21 years with GO Transit she still loves her job—the driving and the people. Dianna is a wonderful storyteller.

Donna was a Montrealer. As if having three children—one born with special needs—and a divorce weren't enough, she broke her back falling down the stairs, which has left her in chronic pain. That was when she added drawing and painting to her repertoire, which already included pottery. She also added a Graphic Design degree to her B.A. in psychology. Working at Maison

Battat designing photo shoots of children's toys was a challenging job she loved.

As fate would have it, Donna and Dianna travelled back and forth between Montreal and Toronto for different reasons, but they kept running into each other. Twice, Donna came to the Cabbagetown Festival to promote awareness of Lyme disease, which her daughter suffers from. Finally, they moved in together at 40 Homewood. Dianna's support was crucial to making Donna's move an easy one.

AGM

Annual General Meeting

Mark your calendars

We have set the date for the Annual General Meeting. It will be held on Wednesday **June 12th, 2019** at 7:00 at the Ramada hotel on Jarvis below Carlton.



Do you play Bridge?

We are always looking for bridge players. If you are interested, please come down to the library on Thursdays at 7:00 pm and join in an evening of bridge.

Hello Neighbour



Michael McMorrow and Annie

"Looking at the night sky, it was as if someone had sprinkled glitter over a black carpet."

The four years Michael spent teaching in Sanikiluaq, on a remote island in Hudson's Bay, were "magical". He still feels homesick sometimes, missing the quiet, the openness, and the wonderful people. With a background in Life Sciences, he became a teacher of "everything" in this tiny community of 450.

Michael's career path has been winding and varied. After a bachelor's degree from Queens and a year teaching high school in Ontario, he got a graduate degree in Theology from St. Michael's College and went to work in the non-profit sector: first with the Red Cross, then in adult functional literacy, and finally as executive director of the Ontario Physiotherapy Association. Then came Sanikiluaq.

After his rich experience in the Arctic, he signed on as principal of a school in northern Quebec. Then, a few years later, he was off to New Zealand where he eventually worked with the bishop of Auckland, heading a staff of 12.

Finally, he settled down in Toronto and taught religion for 20 years in the Catholic high school system.

After his retirement in 2015, Michael moved into 40 Homewood, completely renovating his unit. To help out a friend, he made room for Annie, with whom he takes long walks around the city many times a week.



WWF CN Tower Climb Fundraiser

Helping Canadian animals is like helping a fellow Canadian. It is our responsibility to help protect and maintain our environment to ensure we have a bright future ahead of us.

This will be my 10th climb to the top of the CN Tower. My company LEA Consulting will be matching donations and together we will help raise funds to protect endangered species and the environment they live in.

Please donate in person or following the link: <http://support.wwf.ca/goto/Csiki2theTop>

Thank you for your support,

Michael Csiki

Do You Use A Drain Mesh In Your Kitchen Sink?



If you have a drain mesh for your kitchen sink (see images) please do not allow your kitchen drain food into the drain. Please deposit your drain catching in your green/compost bin. You can purchase a drain mesh at many hardware or dollar stores.

Using one helps keep our drains and waste stacks operating properly.

Also, please do not deposit any cooking oil, bacon grease, animal fats, salad dressing or any other oily substance in the drain or toilet.

We ask residents to deposit jars or bottles of used cooking oil in the household hazardous waste bin in the recycling room. This ensure proper disposal takes place and keeps our drains clear.

If you deposit cooking oil or food waste down the drain or toilet this can cause damage to the waste stacks causing blockages and back-up into the drains in resident units.



By Charles Marker

I've been enjoying twice-a-week homemade soups from Cyril Picard. Cyril ran and cooked at Merryberry Restaurant on Parliament near Winchester for seven years until December 2017. Now he's been concocting, making and delivering soups to the Cabbagetown area for about a year.

To give a sample of the creative and tasty soups, selections for March are included:

- Butternut squash with Chinese 5-spice
- Potato, mushroom and caraway
- Rutabaga, pear and cardamom
- Chickpeas with lemon and sumac
- Broccoli and peas with za'atar

Cyril's soups were one of the features that kept his regular Merryberry customers coming back. His soups come in great varieties. They are mostly vegan (so sometimes, for example, there is coconut milk when dairy might be used by others). Occasionally there is meat, but then there is a vegan option.

The soups are mostly \$8, but those with meat are more often \$10. That's for a 24-ounce (700 ml) container delivered to your door.

Cyril can be contacted and soups ordered at his email:

abeautifulbowl@gmail.com

Testing A Phone App Payment System For Laundry

The Board recently approved the installation of a cell phone payment app for laundry machines.

Two washers (S and T) and two dryers (dryer I) have had software installed to allow payment for laundry from your cell phone. These are in the most rear room of the laundry room.

All you need to do is download the app called Payrange. Once you download it you link it to your credit card.

To use the app to pay for laundry just open the app and choose the dryer or washer you will use and swipe right to start the washer or swipe right to select the dryer and you then select whether the upper or lower dryer is being paid for. Hit the upper or lower dryer selection button.

The on line payrange site is below so you can recognize it on your phone.

<https://www.payrange.com/>

We will evaluate next steps after a test period of a few months.

Unfortunately at this time the machines cannot allow both the current laundry cards and this payment app to work on the machines at the same time.

Recreation Room Hours Change

The Board recently has approved a change to the hours of the Recreation Room.

Security will be checking the room by 1 a.m. each night and the room will be locked at that time until 7 a.m. the next morning.

We have done this because we have caught people sleeping in this room recently. We are trying to avoid confrontations.

If you rent the room for a private function you have the room available until 1am at the latest.

Once the renter has cleaned up the room will be locked up by the timer on the magnetic lock.





Short-Term Rentals

Timothy Oakes

There seems to be some ongoing confusion about the leasing of units by owners.

Units in our building have been showing up on websites such as AirBnB and Kijiji offering short-term rentals.

Please be advised that short-term rentals of this kind are strictly prohibited in our building. According to the regulations in the current *Condominium Act*:

LEASE OF UNITS

Notification by owner

83 (1) The owner of a unit who leases the unit or renews a lease of the unit shall, within 10 days of entering into the lease or the renewal, as the case may be,

- (a) notify the corporation that the unit is leased;
- (b) provide the corporation with the lessee's name, the owner's address and a copy of the lease or renewal or a summary of it in the form prescribed by the Minister; and
- (c) provide the lessee with a copy of the declaration, by-laws and rules of the corporation. 1998, c. 19, s. 83 (1); 2015, c. 28, Sched. 1, s. 75 (1).

Each owner is provided at the time of purchase with a copy of

the Rules and By-Laws of the corporation. These documents

are also for viewing and downloading on our website at:

http://40homewood.org/wp-content/uploads/2018/10/40H_Rules_Oct_2018.pdf

Copies are also in the library on level 1B

Rule 4.1 states:

4 Owners and tenants

4.1 No unit shall be occupied and used for any purpose other than as a private, single family residence.

The situation in terms of roommates is less clear. Without a proper signed leasing agreement, the roommate has no protection under the *Residential Tenancies Act* (RTA)

Several cases involving roommates have landed in the judicial court system, and the courts have taken the position of asking what is "reasonable" in each case.

Just because a tenant does not have the protection of the *Residential Tenancies Act* does not give the landlord (unit owner) carte blanche to do what they like to that tenant.

If you find yourself needing to evict a non-RTA covered tenant from your property, you will find that the Ontario Landlord and Tenant Board will not assist you. Your only remedy is to see if the Police will help you in removing the roommate or boarder from the premises and if not, you are left with applying to the Court for a Writ of Possession to be enforced by the Court Enforcement Office (i.e. the Sheriff).

On a lighter note, guests are always permitted and there is no restriction on the amount of time a household guest can stay. Bear in mind that guests and roommates do not have the right to go to the office and request things like laundry cards, resident parking permits, bicycle spots, or fobs.

These must be purchased, if required, by the unit owner, and the rules regarding the number of fobs per unit remain in place.

While these rules and regulations may seem at first glance to be restrictive, they are in place to assure the peaceful and secure enjoyment of the building and its amenities by all residents.



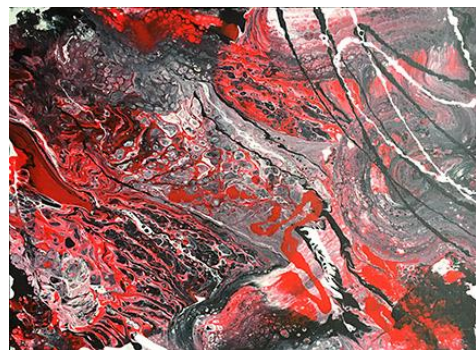
Brushes & Cocktails Collaborative Paint Pour

On Sunday Feb. 17th we held another paint pour event, which was wildly exciting. There were so many incredible pieces done during this project but the most exciting one was the collaborative painting done by all of us at the paint pour for the office in our building. Perhaps you have already noticed it, for those of you who haven't take a peak in the office next time you are on 1B and say hi to our great new staff. The contributing artists were: Charles, Dianna, Donna, Ken, Kevin, Lisa, Lisa, Margaret, Mary, Michael & Nelson

Everyone had a chance to direct and drag, or splash or blow the paint to create this wonderful abstract.



Some of our artists at work, from right to left, Charles, Michael, and Lisa



The final work above and from Left to right we have Ken, Charles, Lisa, Kam,

Kevin, Aron and Donna. It was awful weather outside and some couldn't make but you Lisa, Michael, Mary and Margaret. We are very proud of our final work.

So we will be doing more paint pours and collaborative pieces for the office in the future.

If you want to be a part of this event contact me at
info@brushesandcocktails.ca

Check us out:

www.brushesandcocktails.ca or follow us on Instagram
[@brushes_and_cocktails](https://www.instagram.com/brushes_and_cocktails)

Eating Ontario Grown Oven-Roasted Asparagus

Asparagus is grown in Ontario from April to June. Buying locally sourced foods is shorter shipping distance to the grocery store. Here is an easy recipe for Asparagus:

Prep 10m, Cook 15m, Ready in 25m.

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1-1/2 tablespoons grated Parmesan cheese (optional)
- 1 clove garlic, minced (optional)
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon lemon juice (optional)

Directions

1. Preheat an oven to 425 degrees F (220 degrees C).

2. To remove woody ends, grab stalk of asparagus at either end and bend until it snaps. It will naturally snap where it starts to get tough.
3. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper.
4. Arrange the asparagus onto a baking sheet in a single layer.
 - ❖ Consider using an oven-safe reusable silicone baking mat instead of parchment paper or aluminum foil to cover the baking sheet to make cleanup easier and more sustainable.
5. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Source: Allrecipes.com



40 Homewood Earth Day Celebration

Join the Green Committee for some wine and cheese at 40 Homewood's first Earth Day celebration.

When: Thursday, April 18 from 5:30 – 7:30

Where: Party Room on B1

At 6:30, a special guest speaker from Second Harvest will discuss the Impact

of Food Waste and tips to avoid it, followed by a live demonstration of how to make "rescued fruit" ice cream. You'll get to sample the ice cream after.

We'll also have display tables on:

- Ways to go waste-free and reduce plastic
- Recycling and Organics

Plus a chance to win prizes by completing our Waste Sorting Challenge.

If you would like to volunteer, or have suggestions, please contact the Green Committee:
40hgreencommittee@gmail.com

Hope to see you there!



EXERCISE CLASSES IN THE RECREATION ROOM STARTING MONDAY, APRIL 1 at 10:00 am

Classes designed to:

- increase strength, flexibility, balance and posture
- increase metabolism
- prevent loss of bone mass
- and to • rediscover fun

**Mondays and Wednesdays at 10:00 am
In the Recreation Room**

Please come to our first class on Monday, meet the fitness instructor and see if this is right for you. Wear comfortable clothing.

Cost: depending on the number of participants cost will be between \$5.00 and \$10.00 per class. The more participants the less individuals pay. For more information contact Martha at: martha.maclachlan@gmail.com

 MARK YOUR CALENDARS!
Spring Art Show in Recreation Room April 13th, 2019
YARD SALE June 15th, 2019
BBQ July 13th, 2019

Personal Bike Condition Assessment Survey

With spring coming soon, I am excited to start biking again. Here is a personal survey that you can do on your bike to see what parts you may need to repair, clean, or replace. There are places in the city that can help teach you to repair your bike, and there is lots of information on the internet and Youtube to help you as well. BikeSauce is the nearest center to help repair your bike located at 341 Broadview Avenue, check the hours of operation before hauling your bike there. Not all the parts below may apply to your bicycle, so do not worry if you are missing something. Safe travels!

Part	Condition	Part	Condition
Axle		Frame	
Axle Nuts		Handlebars	
Bearing		Hub	
Bell		Inner tubes	
Bottle cage		Luggage Carrier/Rack	
Bottom Bracket		Kickstand	
Front Brake		Peddle	
Rear Brakes		Reflectors	
Brake levers		Front	
Braze-on		Back	
Brifter		Peddle	
Cable cutter		Rim	
Cassettes		Saddle	
Chain Tool		Saddlebag	
Chain lubricant		Seat post	
Chain Tug/Chain Tensioner		Shifter	
Chainstay Length		Spokes	
Crank		Spider	
Derailleur		Stem	
Disc Hub		Tire Lever/Tire Iron	
Fender/Mudguard/Mudflaps		Tire pump	

THE 40 HOMEWOOD ARTISTS
INVITE YOU TO OUR 3RD

art show & SALE

**Saturday, April 13th, 2019
11am to 4pm**

We hope to see you and your friends at the 40 Homewood third Annual Art Show & Sale. It is a perfect opportunity to discover and purchase pieces created by the talented artists and artisans that make up our community. Some of the already registered artists include Barbara, Joseph, Margaret, Michael, Nelson, Charles, Donna, Salvador, Govinda and Jeff. The popular café will be in operation again. Enjoy coffee and chats about the art with your neighbours in the morning: enjoy a more spirited conversation with a glass of wine in the afternoon.

Some teasers of the great works



Govinda



Jeff



Salvador



Donna

Refreshments are available by donation

To register your pieces, email Donna at: Artshow@brushesandcocktails.ca

Attention all cyclists: On-Site Bike Tune-ups – April 13 2pm – 7:30

On **April 13** from **2pm – 7:30pm**, Matteo's Mobile Bicycle Repair will be available onsite to give your beloved wheels a tune-up and any other repairs you might need.

Where: good weather - he'll be in the rear of the building. If it's raining, he'll be in the entryway to the bike storage on B1, to the right of the garage entrance.

What if I can't be there Saturday? Lock your bike to the rack in the rear of the building near the OASIS bin. Leave the key in an envelope with Matteo's name on it. Give it to Security.

A Personal Bike Condition Assessment is available in the newsletter to see which parts you might need.

Matteo is a pedal-powered operation. He'll arrive on a pedal-assist electric bicycle full of tools and parts to service your bike. An average tune-up costs around \$40 - 55, depending on how long it takes. Additional materials and parts may cost extra. He can do pretty much anything a regular bike shop can do. Etransfers and Cash accepted.

In addition to repairing your bike, Matteo also gives every customer a 5-10 minute instructional session on "How 2 Safety Check Your Bike" and an optional "Simple Self-Maintenance Intro."

If you're interested, please email Matteo directly: matteao101@hotmail.com. Include the following in your email so he can give you a quote and bring the right parts to fix your bike:

- Name, phone/email

- Approx. time you can drop off your bike
- Bike description: colour and brand
- General photos of your bike
- Photos of any cracking rubber on your tires
- Photos of anything visibly rusted (chain or other parts)
- Any new parts you're interested in getting (e.g., handlebars, tires, chain, etc.)

If you have a pump, inflate your tires before he comes to make sure they keep air.

For more information, check out Matteo's website or his facebook page: www.matteosbikerepair.com & www.facebook.com/matteosbikerepair/



Allan Gardens along Carlton Street

Saturday April 20 from 10am - 2pm

Community Environment Days are held every year from April to September to help reduce the amount of reusable, recyclable or household hazardous waste going into landfill.

Do your part to create a cleaner, greener and more liveable Toronto. Drop off reusable and recyclable items such as clothing, small appliances, non-perishable food items and electronics. You can also drop off household hazardous waste for safe disposal and pick up free compost for your garden.

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According to the Toronto Wildlife Centre (abridged):

“Pigeons have been living alongside humans for thousands of years, and have adapted their lifestyle to urban living very successfully. In their natural habitat, they would nest on the sides of tall rocky cliffs. Balconies and ledges on apartment buildings are very similar, so pigeons often choose to nest in these familiar places.

What to do if pigeons are nesting on the balcony

Be patient with a family of pigeons

If the babies have already hatched, really the only thing you can do is wait for them to grow up and fly away. Don't worry — baby pigeons grow up very quickly! The time between when they hatch from the egg to when they fly away from their nest is usually less than 4 weeks. Once they leave, the babies don't come back to the nest again. The parents may try to start another nest in the same spot, even before the first babies have grown up and flown off. Read on to find out how to keep them from nesting on your balcony in the future.

Can't I just move the nest?

No. Pigeons are very location-specific when it comes to their nest site. Moving

the nest over even a few feet — say to a neighbouring balcony — can cause the parents to abandon the nest. Baby pigeons NEED their parents — they cannot survive without them. Their parents feed them, keep them warm, and even after they've left the nest mom and dad show them how to fly, escape from predators, and integrate with the flock.

If you take the babies off your balcony and move them, even if it's to a “nice” spot like the local park, they will die. The best thing to do is to let the parents raise this one set of babies. It will take less than a month, they grow up so fast. Once the babies have flown away, you can prevent the pigeons from nesting again in the future.

What if they lay another set of eggs?

If they do lay a new set of eggs, provided you know that they were laid less than a week ago, it's fine to dispose of them. We recommend taking them to the local park and hiding them under a bush – that way they can go back to being a part of nature.

If there is a new set of eggs and you're not sure when they were laid, or you know they're over two weeks old, we recommend leaving them be and letting the parents raise that brood. Pigeons usually incubate their eggs for about 3 weeks, and then the babies take about 4 weeks to grow up after hatching.

How to keep pigeons from nesting in the future

There are a few different things you can try to make your balcony less attractive

to pigeons looking for a place to nest. Remember to wait until AFTER the babies have grown up and flown away before implementing any of these measures. You don't want to separate the babies from their parents – they will die without their mom and dad.

Scare the pigeons away from the balcony

The best thing to scare pigeons away from a balcony is frequent human presence. We usually find that nests are made when no one is using the balcony, either early in the season or when the occupants have been out of town for a while.

You can also use visual deterrents to keep pigeons away from your balcony, although it is important to make sure that they are secured and not making a lot of noise that will disturb your neighbours.

And no, those plastic owls don't really work. At least not for pigeons.

Be careful with pigeon netting

Completely netting in a balcony or ledge can be a very effective way of keeping pigeons from nesting or roosting in that spot. However, pigeon netting MUST be professionally installed and regularly maintained! When pigeon netting gets loose and floppy, it becomes a danger to pigeons, hawks, sparrows, and any other birds that might fly into it and get tangled up.

It is also important to wait until any active nests are finished and all babies have flown away before installing pigeon netting. If the babies are separated from their parents, they will die."

End of information from Toronto Wildlife Centre

For all residents, please be mindful at all times of pigeons and if you are out of town, have someone regularly check on your balcony to ensure they are not nesting.

In our rules, which are available in the office on our website, Rule 7.4 states:

"Residents shall not feed pigeons, squirrels or other undomesticated animals anywhere on the property"

If you are interested in having pigeon netting installed, please contact the office for an approved contractor/supplier. Netting is installed at the expense of the unit owner. There are anecdotal reports of things like cayenne pepper and tobasco sauce being useful deterrents, and the internet is rife with articles about this subject.

We would like all residents to be mindful that pigeon droppings are fairly noxious and can cause respiratory problems for some people, so we need to work together as a community to minimize the problems that can be produced by pigeons, and pigeon droppings

As always, we thank you for your continuing cooperation.

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