



# HOMewood

*Community Newsletter*

*May, 2019*

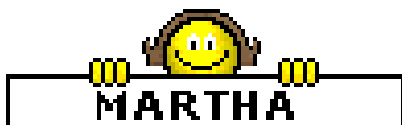
## The End of an Era

This issue of the 40 Homewood Community Newsletter is my final one. I have done it since October, 2003 and it is time to pass it on. I am not going anywhere, You will still see me around.

Donna Yakibchuk and Kevin Kirk have kindly offered to take it over and their first issue will be June. They are very talented graphic designers who, I am sure, will do a better presentation than I can. I am still struggling with Windows 10.

I want to thank everyone who, over the years, have submitted articles, recipes, pictures, movie reviews, food reviews, personal trips, suggestions, poems, jokes, riddles, puzzles, obituaries, notices, etc.

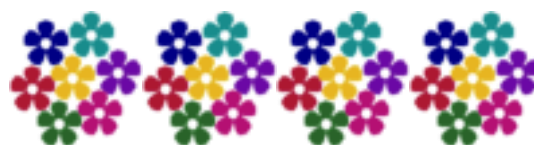
I have enjoyed doing the newsletter and I want to thank everyone who has given me positive feedback in the past. It is nice to know that people are pleased to receive it.



**May, 12<sup>th</sup>, 2019**



**May 20<sup>th</sup>, 2019**





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

by Cammy Lee-Bostwick

Happy May and Happy Spring  
Everyone!

Being inspired by the season, this month's Good Eats Cheap Eats and Sweet Spots takes you off the beaten track and abroad...to Paris! I realize it is quite a bit beyond our comfortable little 'hood, but perhaps this month could feature something different. And what is better than food in Paris in the spring time?

Brent and I were there a month ago as I gave a talk at the Sorbonne on what else, but food?

If you have ever been or intend to go to Paris, it is ideally explored on foot and with only a vague plan. For that is how I found this truly special place. Contrary to popular belief, the food in Paris can be quite cheap (10 Euro all in for 3 courses). But every once in awhile, one must splurge. It is in this spirit, that I review an unforgettable meal I had in probably one of the oldest and in my opinion, the best restaurant in Paris: le Procope, around since 1686 on 13 rue de l'Ancienne Comedie in the 6th Arrondissement.

To start with, I ordered the "Soupe a l'Oignon" (French Onion Soup - 9.50 Euro) — I had this at most every

restaurant I went to but at the Procope it was by far the most memorable; the broth was rich and flavourful without being too salty. There was a thin slice of bread whose crust remained crispy while the bread was soft and chewy creating an interesting balance of textures. Unlike other soups, the chef did not skimp on the cheese (see pic). A hot bowl of soup made with alcohol, cheese, and bread is exactly what warms you up on a cool Paris evening. For the main, I chose the salmon (25 Euro). Here, I must state that being a pescatarian (seafood only), I ordered fish a lot — and the French really know how to do fish! Never was it overdone. At the Procope the salmon fillet came with crispy charred skin and sat on lightly sautéed Savoy cabbage in a cream sauce with a sprinkling of fresh dill. It was a fairly large fillet (see pic) that was perfectly done, flaking off with the slightest nudge of a fork and yet buttery at the same time. The acidity of fresh dill offset the creamy sauce making each bite, the perfect bite. Most restaurants, including this one, offer set 3-course meals that are more economical, but we went a la carte (leaving room for dessert knowing that we can get a "crepe a sucre" for 1.50 Euro around the corner from our hotel. ).

Now for the decor: and this is the other reason I review this place. If what you're looking for is a "Parisienne" dining experience, this checks all the boxes. With red painted walls and gilt-framed portraits everywhere you turn, there is a feeling of culture steeped in history that is unparalleled. I urge you to at some point excuse yourself and go the "toilette" located on the second floor — as there you will see more dining rooms all ready to host parties. Most of the rooms were empty when I was there but they were lit and I swear I could

hear the sounds of feasting and joviality from centuries past. With artifacts in display cases and quotes on the walls above the doorways from Voltaire and Brillat-Savarin (the guy who coined "you are what you eat") dining here is part meal part museum experience. Staff were pleasant and friendly,

Truly worth visiting again. Le Procope.  
Bon Appetit!

I also want to end this review with a huge expression of gratitude to Martha McGrath for putting this newsletter together month after month and year after year — being ever so patient when I sent my reviews just before deadline. She was always professional, accommodating, generous, and cheerful. Thank you Martha!



*Thanks for the kind words,  
Cammy...Martha*

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## Q & A

### Questions and Answers to and from the Board and Management

prepared by Brian Brenie

#### **Q: Who do I contact when I have a cable television question?**

A: You should always contact Stubbs to let them know if you experience television issues. The management office cannot fix television issues as they occur but letting Stubbs know directly can focus the service people in diagnosing and solving the issue. Stubbs can be contact at:

**(877) 296-4432** or by email  
at: [mdu@stubbscom.com](mailto:mdu@stubbscom.com).

Management appreciates it when you direct your enquiries to Stubbs directly.

Please note that TVO (previously channel 75) is now being received as a high definition/digital channel (HD) and can be found on channel 85. You may have to re-scan your TV channel lineup in the setup menu of your television in order to receive this channel.

Additionally, channel 7 CTV Toronto is difficult to get off the air so we have moved it to channel 17 instead of CTV Vancouver. CTV Vancouver is no longer available. Channel 20 Action HD has closed down and there is a new channel for it called Adult Swim.

**Q: Are the water issues we have been experiencing resolved?**

A: We have had some serious equipment failures recently with pumps and valves and have been working diligently repairing them as they occur. Our plumbers have made some recommendations for some future repairs and we will proceed with them over the next few months. It is unfortunate that the plumber can leave one day after fixing one component and then another one fails shortly thereafter. Plumbers cannot foresee a pump or other piece of the water delivery system failing and can only react when they do fail despite active monitoring of all components.

**Q: When can we pick up parcels?**

A: With security responsible for accepting, storing and posting on channel 58 when parcels are available please see security at any time to pick up your parcels. Our storage closet is not large and we do appreciate when residents pick up their parcels in a timely manner. You may have noticed that the parcel notice list has expanded to two pages. This has grown significantly over the past year and that is why we had to relocate it to a separate room with security being responsible as it took up too much of the office staff time to manage.

When we implement our communication software later this year you will be notified by your choice or email, phone message or text message when a parcel is received in the building for you. Lastly, Canada Post will be expanding the parcel delivery system we have in the back vestibule by replacing the one delivery station with three so if you have something shipped

by Canada Post that will be more convenient in future.

**Q: We have lots of construction noise happening. What are the hours when such noise is permissible?**

A: Our rules as posted on the website [www.40homewood.org](http://www.40homewood.org) list the following:

6.8 Repairs, hammering, drilling or other related activity that creates noise or disturbs other residents in any way is only permitted between 8:00 a.m. and 6:00 p.m. Monday through Saturday, and not at all on Sundays and statutory holidays.

If you hear disturbing noise outside of these hours please report it to security immediately (even during office hours) so that security can investigate and inform the offender.

All residents are assumed to have read and are obliged to adhere to the rules, bylaws and declaration of 40 Homewood. Management warns offenders and will take legal actions against offenders if it is warranted.

**Q: Now that spring is here can we ask dog owners to take their pets off the property to do their business? Should we place a "No Pets" sign on our lawn?**

A: Our rules state the following regarding pets on the property.

7.7 Pet owners shall not allow their pets to urinate or defecate anywhere on the common areas of the property.

Section 7 of our rules, as found on the website, details other restrictions and the options that the Board has available to residents who do not abide by these rules. These rules were approved by the



residents many years ago and the Board has never had to enforce any of the more stringent provisions but will do so if a pet becomes a nuisance.

**Q: Pigeons are back and causing havoc on my balcony. What can be done?**

A: We know the damage and dirt left behind from visiting pigeons and we must take all necessary steps to prevent them from settling and disturbing our homes. Firstly, we ask all residents to **NOT FEED PIGEONS** as this encourages them to stay around our building and they nest on the balconies. See the article in last month's newsletter about what you can do if you find a nest with eggs or babies. Secondly, please use your balcony and ensure you don't have suitable places on it where pigeons can settle. This discourages them from settling there. We have 492 units and a number of units are always unoccupied for some duration of time. This affords pigeons a place to settle.

Your balcony is a common element and management will be knocking on doors and entering units to inspect balconies for nesting as well as balconies that may pose fire hazards. If you know of such balconies please inform the office.



## Mark your calendars

We have set the date for the Annual General Meeting. It will be held on Wednesday **June 12<sup>th</sup>, 2019** at 7:00 at

the Ramada hotel on Jarvis below Carlton. The two year terms of three directors have expired so there will be an election session.

There will be a Meet the Candidates Meeting on Wednesday, June 5<sup>th</sup>, 2019 at 7:00 PM in the Recreation Room.

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## Eating Ontario Grown *Buttered Parsley Roots*

In the month of May, you will be able to enjoy fresh Ontario parsley root. An easy recipe to follow:



- o 2 parsley roots, cut into 3-4mm rounds
- o 2 ¼ tsp butter, unsalted
- o 2 tsp olive oil
- o 1 pint salt (optional)

Tip, a mandolin will make slicing the parsley root easier. If you keep your eye open on the *Free Boutique* located next to the laundry room, you may be lucky and find one there.

### **Directions**

1. Slice the parsley roots into thin rounds (3-4 mm).
  2. Heat the butter and oil in a pan over medium heat, taking care not to let them burn. Add the parsley roots, then cook 3-4 min uncovered, stirring frequently.
  3. Reduce the heat to 'low', add salt, cover and cook until the parsley roots are soft, about 10 min.
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## *Hello Neighbour*



**Martin Brown**

Born just down the street at Women's College Hospital, Martin grew up in Leaside—a real Toronto boy.

He was named after his father's mother's family, the Martins. He remembers spending his summers on the farm that belonged to his great aunts, a welcome escape from the city. When the family farm was eventually sold, the area was still referred to as "Martin Grove." It's since been folded into the neighbourhood of Richview, in north Etobicoke.

Martin was in and out of university, working odd jobs. "Once you've worked, university is easy," he figured. Armed with an eventual degree from York, he got a job at Workmen's Compensation—now the Workplace Safety and Insurance Board—where he remained for 30 years. As an adjudicator, and later an appraisals officer, he flew around in prop planes on Ontario Air to visit far-flung communities.

Having taken early retirement, he still does some contract work for various unions, advising on the potential success (or not) of cases before the WSIB.

At about 40, Martin came out as a gay man and moved down to the village, where "all hell broke loose." 'Nuf said. Always athletic, he played in and later coached the Cabbagetown Softball League. He also made time for old high school friends, playing football and hockey. His shelves are full of DVDs, witness also to his love of movies.

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## *Hello Neighbour*



**Sanjit Rao**

As a young man, Sanjit moved from south India to the U.S. to pursue his education. He arrived in Alabama and then moved on to New York City, where he earned a Master's degree in computer sciences. Wanting the rest of his family to join him in North America but not having a Green Card, he decided to settle in Toronto some 23 years ago. Eventually, his mother and three siblings followed his path.

Sanjit's family are devote Hindus. His sister is a priestess and he, too, is pondering getting more involved in the faith. For the moment, his life has turned upside down: his mother, who had lived with Parkinson's disease for 20 years, died in April. Having cared for her during her long illness, he feels the loss acutely and is taking a break from his consulting work for the time being, choosing instead to spend time with his family.

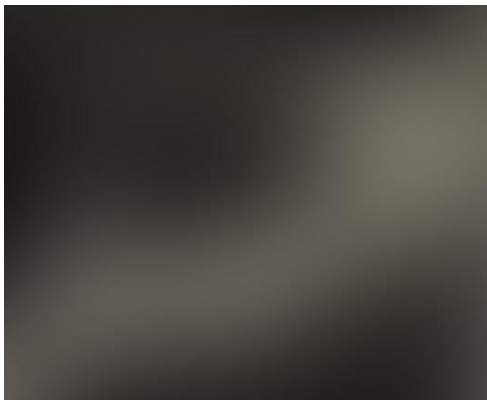
Having recently been with his nieces and nephews while they were in Toronto for their grandmother's funeral, Sanjit remembers fondly what it was like growing up in India. The family wasn't wealthy but children played together outdoors, pooling resources and making up games. He wonders if children today have as much fun and freedom. The contrasts between life in India and in North America leaves him a bit wistful for a more traditional way of life.

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**Tuesday, May 7th**  
**“Drawing Blind Nude**  
**Charcoal” Event**  
**at 7:30-9:30 pm!**



*“Drawing Blind” Charcoal Down &  
Dirty Nude Night*

Reserve your spot at  
[reserve@brushesandcocktails.ca](mailto:reserve@brushesandcocktails.ca) no  
later than May. 5th.  
Drawing Blind means you don't know  
what you are drawing because it is out  
of focus, slowly through the 2 hr period it  
will be brought into focus changing the  
image slowly until the nude body parts  
begin to reveal themselves in front of  
your eyes. It is a great way to explore  
your creativity without fears. You can  
tag yourself on our Instagram  
[@brushes\\_and\\_cocktails](https://www.instagram.com/brushes_and_cocktails) and brag to  
your friends about your hidden talents.

The wine helps too! Available through  
donation, \$4.00 a glass. That helps to  
ease the nerves too. You can't beat

that, a night in with neighbours! Invite  
your friends. Your name doesn't have to  
be Picasso! Come play.

We had a forest of brilliant birch trees  
sprouting up everywhere last month. I  
am so thrilled at how everyone has so  
much fun and feels more relaxed and  
recharged after an evening of painting  
with friends.



The best painting winner of the evening  
was our very own Charles; although it  
was a very close call, the forest was full  
of incredible trees. Congratulations  
Charles you climbed the tree challenge.  
Joseph did his mother proud, as he  
finished a painting she started but never  
got to finish of an owl in a tree. Invite  
your friends to join you if you are  
apprehensive about trying this alone. .  
Your name doesn't have to be Picasso!  
Come paint.

[www.brushesandcocktails.ca](http://www.brushesandcocktails.ca) .

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## Let's Get Greener!



Our building is above the City of Toronto average in term of sorting the waste.

But, we can do better; and doing much better would allow the building **to save \$14,000 a year!**

Only garbage collected is charged a fee—Not green and blue bins

The **good news** is that 85% of our building's residents care about recycling and composting!

72% of waste in our garbage does not belong there. **What can we do to avoid this?**

Closely follow the sorting guidelines (<https://www.toronto.ca/services-payments/recycling-organics-garbage/apartments-condos-co-ops/>)

Here are some examples:

- Food scraps like peels and bones, food waste, tissues, diapers and pet waste belong to the **green bin**.
- Glass, metal or most plastics belong to the **blue bin**.
- Reusable books, clothing or other household goods belong to the Oasis bin.

**Not sure how to sort some products?** Visit [Toronto.ca/wastewizard](https://www.toronto.ca/wastewizard), or download the app.

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## Golden Eagle Landing opening soon

By Charles Marker

On the other side of our block, where the Homewood Inn Bed and Breakfast was, the new Golden Eagle Landing housing service will be opening soon.

The City purchased the property at 63-65 Homewood, and Na-Me-Res (Native Men's Residence) will operate the property providing 16 new, self-contained affordable rental units. Na-Me-Res has been providing housing and services to Indigenous men for over 30 years.

If you've watched the lengthy renovation process, you'll have seen that the entire inside was nearly gutted and there was a sizeable extension built on the back. The front has been refreshed.



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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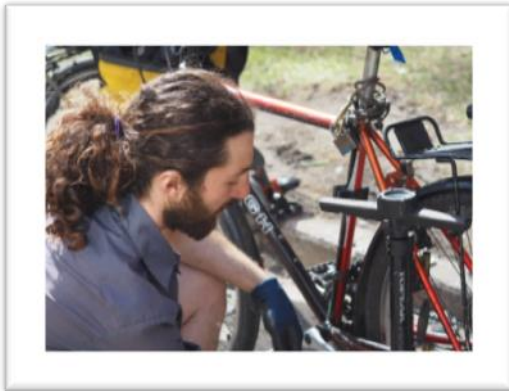


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## Bike Repair by Matteo

Earlier in April Matteo Bike Repair dropped in to set up shop to help residents with tune ups, repairs, and bike safety. Matteo biked in from Oakville to provide a great service that was helpful and honest.



If you missed the repair drop-in and are interested in having Matteo back please let us know at [40hgreencommittee@gmail.com](mailto:40hgreencommittee@gmail.com) or contact Matteo directly at [matteo101@hotmail.com](mailto:matteo101@hotmail.com). Safe travels.

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## DON'T FORGET.

### YARD SALE

June 15<sup>th</sup>, 2019

### BBQ

July 13<sup>th</sup>, 2019

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For those residents who take their dogs out to the back to do their business, please put the poop bag in the green bin in the Recycling Room, not in the containers in the mail room. It causes a smell.

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## Cinco de Mayo

May 5, 2019

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## Booty Camp @ 40 Homewood

### SHAPE UP 4 SUMMER SHED, SHRED, SHAPE & TONE

Using a combination of the following  
exercise techniques

Boxing  
Kickboxing  
Circuit Training (HIIT)  
Yoga (stretch)  
Weights (tone)  
Core-Floor & more

Kick your body into gear for SUMMER

An eight-week program will be offered  
at 40 Homewood Ave. in the Recreation  
Room. The instructor, Milton Thompson, is  
a former boxing contender and now  
both an instructor of fitness classes and  
a personal trainer. (Milton is currently  
providing morning exercise classes in  
the building and is highly regarded by  
the participants.)

Program Dates: May 6 to June 26,  
2019  
Twice a week: Mondays and  
Wednesdays  
Time: 7:00 pm – 8:00 pm  
  
Price: Packages of 8  
classes at \$96.00 for each month  
Drop-in classes at \$15.00 a class

To register and/or if you have questions,  
please contact  
Martha MacLachlan at:  
[martha.maclachlan@gmail.com](mailto:martha.maclachlan@gmail.com)  
A program for residents provided by the  
Social Committee

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## Mother

M is for the million things she gave me  
O means only that she's growing old  
T is for the tears she shed to save me  
H is for her heart of purest gold  
E is for her eyes with love light signing  
R means right and right she'll always be  
Put them all together, they spell MOTHER  
A word that seems so much to me

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# Thank You!

**A final thank you to everyone who sat on  
the Newsletter Editorial Committees  
over the years and everyone who  
contributed their time to helping me  
make this a success. Martha**

### Newsletter Editorial Committee

Martha McGrath  
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