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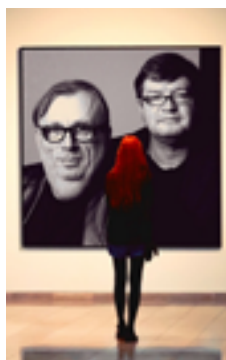
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Behind the Scenes

by Donna Y

WHAT IT TAKES TO BUILD A PARTY ROOM

We have been waiting two long months for the former rec room to be transformed. Anthony Stokan & Russell Connolly, along with the



many teams they worked with, took on the challenge to transform our well used room. There were challenges.

Management and the social committee did a

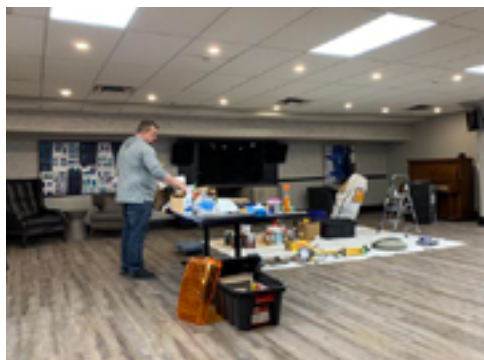
great job clearing the room. According to Anthony, however, "they still managed to clear another 10,000 lbs of debris. We had bets how much we took out." The next big challenge they faced was the co-ordination of the deliveries of materials, arrival of contractors and timing it all, so the whole process runs smoothly. These two are used to that process as projects move forward. They know what works in public spaces and what doesn't,



because of their immense experience with shopping centres all around the world, town centres etc..

Armed with that experience they wanted to deliver a room that was going to be flexible, durable and very functional for several uses. The choice of materials used demonstrates this very concept. All is washable and durable to stand the test of time. They even went as far as putting together visual boards so we will always know where everything belongs.

The room was unveiled during the budget meeting, with comments of "wow," and "I totally love it" and "gorgeous". Even the chair trolley is beautiful. So, let's celebrate... 'cause we now have a great Party Room!



Important dates in

December

December is the twelfth and final month of the year in the Julian and Gregorian Calendars, and is the last of seven months to have a length of 31 days.

The winter days following December were not included as part of any month. Later, the months of January and February were created out of the monthless period and added to the beginning of the calendar, but December retained its name.

Sunday, December 1st
World AIDS Day

Sunday, December 1st
The 64th anniversary of the day Rosa Parks refused to move to the back of a public bus in Montgomery, Alabama

Saturday, December 21st
The winter solstice in the Northern Hemisphere, and the summer solstice in the Southern Hemisphere, the day with the most daylight hours (excluding polar regions in both cases).

Wednesday, December 25th
Christmas Day

Thursday, December 26th
Boxing Day

Tuesday, December 31st
New Year's Eve



Questions & Answers • TO AND FROM • the Board & Management

prepared by Brian Brenie

Q: The other day I was folding my clothes in the laundry room and there were crayon marks on the large laundry room folding tables. Perhaps some child had been using the table while their parent was doing laundry. Please ask parents to have the children do their colouring in the tv room adjacent to the laundry room and not on the folding tables as crayon pieces could melt, easily damaging hot clothing when taken out of the hot dryers. Thanks.

A: Thank you for the suggestions. Your request is noted.

Q: I noticed last month that IFC (channel 25) and Cosmo (channel 44) have gone off the air. What has replaced these channels? What is the new Stubbs/Shaw customer service number?

A: Stubbs replaced IFC with PBS East HD as this seemed to be a popular channel and they broadcast different programming than the local PBS channel. They also replaced Cosmo with the French station, TVA which was dropped when we lost one of the high channel numbers a few months ago. We hope you enjoy these new stations. Please note for customer service issues with our TV stations you can now call Shaw Customer Service at 1-855-874-6957. The call center will assist and troubleshoot over the phone as required or issue a service call immediately.

Q: There are light switches in the gym but people leave lights on there all the time. This is wasteful.

A: I could not agree more. If you are the last to leave the gym exercise rooms kindly turn off the lights. There are emergency lights that remain on in these rooms at all times. Additionally, if you enter the gym and see someone exercising there using only the emergency lighting, as a courtesy, please ask the user before turning on additional lights.

OFFICE REMINDERS

**Garage spaces
must be cleared
by January 2nd, 2020.
Only vehicles in
parking spots.**

**Make sure the
office has your unit
and mail keys before
the January audit.**

Q: I was asked to provide a front door and mailbox key to the office. Why is that?

A: The office must have a key to get into every unit in the building in case of emergency (fire or flood for example). Unit owners are not permitted to change the door locks without permission from the office and they must supply the office with a duplicate key. The rules do state that additional locks are not permitted but this rule has not been enforced if the unit owner provides a key to any changed or installed locks on their door. Keyless entry locks are not permitted on entry doors. During December and January staff will visit each unit verifying that the office has keys to your door and mailbox. If you have changed your door or mailbox lock and not provided the office with keys please ensure the office has duplicates. If the office needs to break down your door or call in a locksmith due to an emergency and you have not provided a key, the cost to replace the door or for the locksmith's services



will be charged to the unit owner. The office holds a mailbox key as a safety precaution in the event the mailbox key for the unit is lost.

Q: Have we making changes to the weekend guard rotation?

A: Yes, in October the weekend guards worked 12 hour shifts on Saturday and Sunday. This was changed recently to eight hour shifts and we introduced one new guard for daytime hours (8am-4pm) on Saturday and Sunday. The former weekend guards are remaining on the overnight and afternoon shifts.

OFFICE REMINDERS

Please pick up packages promptly during the holidays to avoid a cardboard avalanche

All weather stripping will be removed around unit doors by staff early in 2020

Q: The other day I was expecting a large delivery but the delivery vehicle could not get into the rear of the building because of the number of other trucks there. How do we contact these trucks that are blocking the rear door?

A: If a delivery driver is not remaining with their vehicle at all times while on site, trucks making deliveries in the rear are to leave contact information with the security personnel so they can be called to move their truck. We have many tradespeople working on site for the condo or private residences whose trucks do not fit in the garage and are required to park in the rear. They should not be parked in a way to interfere with other deliveries or garbage pickup.

Q: I see new cameras have been installed in the recycling room and library.

A: Yes we recently added these cameras to increase security. The recycling room camera will help us identify those who continue to deposit non-recyclable materials in the blue bins for example. When non-recyclable material is dropped in the blue bins we are subject to fines from the city. We ask everyone to be attentive to what items go into which bins. The camera in the library was necessary because furniture had been stolen from this room recently.

Reduce and Reuse this Holiday Season



by the Green Committee

For most of us, the holidays are a time of sharing, giving, joy, and abundance. These are all wonderful things to experience, but the flip side is the huge amounts of waste generated in the form of packaging, gift wrappings, and food.

Here are some ideas on how you can minimize your waste this holiday season.



Host a Green Holiday Party

- If you host a dinner party, consider borrowing extra plates, glassware, and silverware from a friend or neighbour. Or purchase some second hand from a place like Value Village.
- Ask guests to bring reuseable containers to take home leftovers. Or if you attend a party, bring your own containers to take home leftovers.
- Place party waste in the proper stream: recycling (washed), compost, or landfill.
- Return those alcohol bottles instead of recycling them so they have an opportunity to be reused first.
- Learn new recipes to spice up the leftovers.



Give "Green" Gifts

- Consider gifting an experience or service to a loved one instead of stuff, such as going to a show or out for dinner, a massage/spa treatment, purchasing a membership to a museum/gallery, or a pre-paid cleaning service.
- Buy something your loved one can use such as a transit pass, their favorite kind of coffee or alcohol, or a gift basket.
- Make a donation on behalf of your loved one.



Wrapping Alternatives

- Reuse gift bags and tissue paper in good condition.
- If you're giving someone a cloth gift, consider using that as the wrapping paper too.
- Use a reusable cloth bag or decorate a box/bag destined for the recycling bin to give it a second life as wrapping paper.



Make Something Old New Again

Check out additional resources on the City of Toronto's website here: [Toronto.ca/reuseit](https://toronto.ca/reuseit)



good eats,^{cheap eats,} sweet spots

by Dr. Cammy Lee-Bostwick

In the spirit of fall and the holiday season – including all the sweets that many of us will be in store for – I offer you the humble, ubiquitous, yet crave-worthy: Butter Tart.

Ask five people who or what makes the best butter tart, and you'll probably get five different answers. I've eaten a lot of butter tarts across the GTA from home bakers to bakeries alike and I have to say at the moment, Harbord Bakery on Harbord Street, just west of Spadina gets my vote for the best.

Harbord makes their butter tarts fresh everyday. You can choose with raisins or without and I always get without. The crust is flaky yet not overly so and holds its shape from start to finish. However, it is the filling that makes this my first choice. The filling is a smooth "maple-y" sweetness of the sort that sticks to your teeth. But it isn't too sweet. It isn't too runny. It is just right.

You want to savour this dessert, which to me, brings back childhood memories of school bake sales. Even my husband Brent, who usually hooovers his food, slows these babies down. They're that good! And they're always that good. Consistency is probably why the bakery has been around since 1929.

Apart from baked goods, there is a deli counter with prepared salads, hot foods, and quiches (which are also to die for!). Prices here aren't super-cheap. The tart is just under \$3 and I find that when I do make the trek there, I easily leave having spent upwards of \$20 for just being curious.

But I hope I've piqued your curiosity; it is a short bus ride away on the westbound Wellesley bus. Staff are friendly, efficient, and they know their products. Harbord Bakery makes the best butter tart to date. But I am always on the look-out!



for the full unedited review, visit
www.goodeatscheapeatsandsweetspots.ca

Green Holiday Lobby Display

by the Green Committee

On Wednesday December 4th, from 5:30 to 7:30 pm, the Green Committee will be sharing ideas with residents to be more sustainable this Holiday season. We will also be offering an order form for Zero-Waste gifts. If you cannot meet the day of the display, we can send you an order form via email at 40hgreen-committee@gmail.com. Orders must be submitted by Friday, December 8th at midnight to receive the gifts by Christmas.

- **Bamboo Toothbrush \$5.29**
- **Beeswax Food Wrap**
(3 variety sizes) **\$17.99**
- **Reusable Bamboo Utensil Set** with case **\$20.00**,
- **Cotton Produce Bag \$10.00.**

Disclaimer: prices and items are subject to availability and you will be notified if there are any changes, prices do not include HST.



**Saturday,
January 11th**
Time: TBA

The Green Committee will host a Gift Swap on January 11th! Didn't like a gift this year? Not to worry – maybe you'll find something you like

at the Swap!

Light snacks and refreshments will be provided.

2020 Budget Highlights

by Brian Brenie

At the Board meeting in early November the board looked at the upcoming expenses for 2020 and has proposed the following increases to our common element fees as well as other fee changes effective January 1, 2020. We had an owners' meeting where this was discussed on November 25th.

- Common element fees will increase by 3.5% on January 1, 2020 (maximum monthly increases from \$10.95 to \$24.58 depending on the size of your unit)
- Reserve Fund contribution will be \$1.38 million (13% above requirements from reserve plan)
- Laundry fees will increase by \$0.25 due to increased maintenance and purchase costs of washers and dryers
- All garage vehicle parking fees will increase by \$5.00 per month with overnight guest parking increasing to \$15.00 per night. (We are investigating a credit/debit card option for guest parking which we will offer at a reduced overnight fee once available)
- The rental fee for the recreation room will be increased to \$100 with a \$500 damage deposit

The 3.5% increase in condo fees is significantly impacted by our need to increase our contribution to the Reserve Fund due to necessary garage repairs not in the reserve plan. This increase accounts for \$230,000 over 2019's reserve contribution. We will use \$70,380 of our operating budget surplus we have accumulated over the past few years to hold the increase to 3.5%, instead of a much higher amount.

photos from the recent

Holiday Dinner





Felix Almeida

Born in Bahrain, Felix moved a lot at a young age: to Kuwait and then to Bangalore, India, where he was a day scholar in an English language Jesuit school. His family settled in Toronto when he was 19. After receiving a B.A. from the University of Toronto, he went to Waterloo to study clinical social work at Wilfred Laurier University. In those days, finding a job was easy with the right degrees, and Felix got three job offers. He chose to go to the Clarke Institute (now CAMH) where he worked in the pediatric psychiatry

unit. After seven years there, he moved to the Dufferin-Peel Catholic School Board, where he worked for 29 years. He saw many changes through his time, working with families and students throughout the school system and all grade levels, from kindergarten to high school.

Felix, who speaks eight languages, has always loved trans-cultural work, travelling, and the arts. Having taken

many workshops but with no professional training, he is a prolific painter. He keeps a schedule of spiritual and physical practices — mornings consist of yoga stretching, mindfulness meditation following Zen Buddhist teachings, a swim, yoga practice, and then breakfast.

Socializing and creating community are high on his list of priorities and, happy to initiate relationships, he recently got six people from his floor together for brunch. Now retired, social activism has become a primary concern.

“Felix, who speaks eight languages, has always loved trans-cultural work, travelling, and the arts.”



Michael Csiki and Lisa Meyer

Both Lisa and Michael are looking forward, toward a brave new world. He, in engineering and she, in making our world a warmer, more caring place.

You may know Michael as head of the Green Committee: for him, it's personal. He comes from Shedden, Ontario (pop. 313), home of the city of Toronto's garbage landfill. In 20 years, it will be filled, and then what? As a civil engineer, he's busy answering the 'then what' question in construction by working in Chalk River on three new nuclear buildings. They will be built completely out of wood instead of steel and concrete.

The resource is renewable, close to hand, and beautiful to look at. Walls, floors, ceilings — everything will be wood. Traveling to Ottawa each week is the project's downside.

Lisa, too, is creating a new approach to building, but this time it's with relationships. Coming from Orinda, California to study cinema at the University of Toronto, she had a difficult time until she was finally diagnosed with ADHD. Now, she's launched herself into the challenge of creating an app to foster catharsis through hugs and chats with strangers. (She's got science behind her: hugs release oxytocin in the brain.) Lisa has been busy developing her business skills as well as the necessary technical skills that go into such an endeavor. Michael and Lisa are enterprising to say the least!

“For him, it's personal. He comes from Shedden, Ontario, home of Toronto's garbage landfill.”

Appreciation

by Felix Almeida

Here he comes, punctually zoomin' down Homewood Avenue on his skateboard, to the eager anticipation of his group of retirees, awaiting his thrice weekly exercise classes; strength endurance, balance, flexibility, coordination, cardiovascular...

Over the eight months since Milton Thompson, a Qualified Fitness Trainer, was first introduced to our community, numerous residents have benefited from his expertise in fostering physical and cognitive wellbeing through ongoing, gradually intensifying exercises.

This being a collective expression of our gratitude for Milton's contribution to our well-being, here are some of our testimonials of what Milton means to us; he has "Gradually built up my physical capabilities...increased my mobility, loosened my joints... he has got me back on an exercise regime after an injury...my balance problems have improved...I feel better after his classes, stronger, more relaxed... he reaches all levels of fitness...I enjoy being with the group... he encourages healthy eating habits, providing us with leaflets put out by the Ministry of Health...he advocates for our continued physical and emotional betterment."

Our appreciation has grown over time because of Milton's kindness..."he is dedicated, cheerful, patient, encouraging, motivating, attentive and he gives generously of his time to anyone needing extra help – I admire Milton's conciliatory manner".

And his 'fees are low', just \$5.00 per class!

Any community is built on the strength of its resources, both internal and external. We are grateful to our own Gus Kieley for having introduced Milton with his much needed expertise to 40 Homewood. We thank our equally dedicated and facilitative Management and our caring, devoted Board for making this vital external resource available to us and for providing so generously for the support needed to make these Exercise Classes available to us.

Gratefully,

Felix Almeida,
on behalf of the Exercise Class



**Milton with some of his
newly beefed up fans**

It's hard to believe it's already winter. Time moves so fast these days. We will greet winter with paint in December. An added feature for those who want to, add mini lights to the canvas after it's painted for an extra \$5.00. You choose.

Last month we were still a little squeezed for space with the popular paint events. The room was full and we welcomed some new comers who did not expect to have so much fun as we jazzed up our paintings. Our dear neighbour Dave won the best painting of the evening for



Wednesday, Dec. 18th
"Winter Walk"
7:30 to 9:30 pm

the first time. Congratulations Dave! We know you have been working hard on your painting skills, and it showed.

Just a note to all who are regulars and those who are going to be brave enough to try an evening, away from Internet connections: from Dec 3-15, be assured that I will

be getting back to everyone who registers for the event. We have lots of room in December so no worries. Every level of skill is welcome to join us, so don't be shy, and don't put it off any longer. Sign up soon as spaces are limited. Free your inner artist with a great group. Happy Holidays to all!

The budget meeting on November 25th revealed the new party room along with some really positive take-aways; a 50% savings on utilities. It is thought to be a direct result of lower heating costs since the window project. Gas was 11% lower with a prediction of a 3.5% increase in rates. In addition there will be an analysis of the garage membrane and we already know there are areas that will need to be repaired. Our board is looking at all aspects of this upcoming age related issue along with many of our neighbours out on the street.

The board will advise us and keep us updated as they learn what will be needed in the new year. To view the complete budget it is on BuildingLink or in the library.

RESERVE YOUR SPOT AT:
reserve@brushesandcocktails.ca
and please put '40 Homewood' in the message of the e-transfer or let me know you are coming & pay \$25 at the door at 7:00 pm

We are back in the party room. Wine available through social committee for \$4/glass Your name doesn't have to be Picasso...Come Paint!



MORNING EXERCISE CLASSES

Mondays, Wednesdays and Fridays at 10 am.
\$5.00 a class, to be paid to the instructor, Milton Thompson.

Exercise Classes @ 40 Homewood

The morning exercise classes will now be held in the Party Room on the B1 level.

The **Booty Camp/Boxercise** classes will **NOT** be continued in the evenings. The Party Room is not equipped to be a professional gym, nor has it been renovated to accommodate this type of class.