



HOMEWOOD

Community Newsletter

April, 2012



Bargains on the



Do you know about Toronto Transit Commission discounts and bargains?

Those of you who are either students or seniors probably know that your tickets cost less than those of "adults" or "regular" people.

There is also a Metropass Discount Plan Price. For Adults, that price is \$115.50 per month if you buy a full 12 month subscription (compared to \$126 if you buy it month by month). For Students or Seniors, the monthly price, if you buy a year at a time, is \$93.50 (compared to \$104 if you buy it month by month).

If you do the math and find that the frequency of your riding would make a pass worthwhile, then you should also consider that you will get your monthly pass delivered free by mail and that it is often accompanied by coupons for discounts and free admissions to attractions around town. Also, the Metropass is transferable. You can use it one day and your pal can use it that evening. Travel is unlimited.

There are a wide variety of other bargains and discounts. The value of them to you will depend on your personal uses and needs.

Check the TTC website for many more details: http://www3.ttc.ca/Fares_and_passes/Passes/index.jsp



A fool and his money are soon parted. The rest of us wait until income tax time

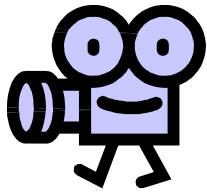
April Documentary Film

Join the members of the **Green Committee** in viewing "TAPPED". This documentary examines the role of the bottled water industry and its effects on our health, climate change, pollution, and our reliance on oil.

Date: April 18, 2012
Place: Recreation Room 1B
Time: 7:00 PM

Hope to see you there!





*Don's Movies
For April*

*All movies at 7:30pm in
Recreation Room*

Thursday, April 12

SUPPORT YOUR LOCAL SHERIFF (1969)
James Garner, Walter Brennan

Friday, April 13

**SUPPORT YOUR LOCAL
GUNFIGHTER** (1971)
James Garner, Suzanne Pleshette
Harry Morgan, Joan Blondell

Thursday, April 19

MADIGAN'S MILLIONS (1968)
Dustin Hoffman, Elsa Martinelli

Friday, April 20

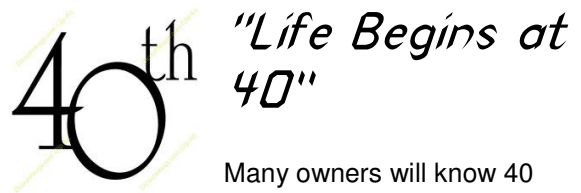
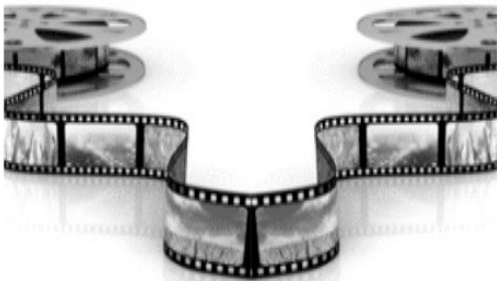
MARATHON MAN (1976)
Dustin Hoffman, Sir Laurence Olivier

Thursday, April 26

TO HAVE AND HAVE NOT (1944)
Humphrey Bogart, Lauren Bacall,
Walter Brennan, Hoagy Carmichael

Friday, April 27

KEY LARGO (1948)
Humphrey Bogart, Lauren Bacall,
Edward G. Robinson, Claire Trevor



Many owners will know 40
Homewood's reputation as an
early condominium building. Our particular claim
to fame has modifiers: first "downtown" "high
rise" condominium building in Canada.

Eight original owners met with us to talk about
those early days. These originals, who moved in
during 1972 and 1973 (each was the first
occupant/owner of her/his unit) were Wilma
Westerhof, Jennifer Smith, Baron Mount-Briton,
Elizabeth Mohos, Jean Walker, George
Szczecinski, Pamela Brunton and Margaret
Osmond.

The building was a CMHC (Central Mortgage
and Housing Corporation) venture to enable
people with moderate incomes to become
home-owners. Therefore, there were income
guidelines for the units in this building at the start.
If your income was too high for a bachelor, you
could qualify for a one-bedroom unit. If you were
a single person, you didn't qualify for a two-
bedroom unit. By today's standards, of course,
the prices were very low back then in 1971 -
1973 (but then, which prices do not seem low 40
years later?).

There was a price list for each style/size of unit
here: small bachelor, large bachelor, small one-
bedroom, large two-bedroom, etc. On each list,
the prices were slightly higher on upper floors.
The lowest price, for small bachelors on the
lowest floor, was \$10,650. The highest price, for
two-bedrooms on the top floor, was \$23,730.
Minimum down payments ranged from \$532 to
\$1,086. Monthly maintenance fees ranged from
\$23.08 to \$41.08.

Moving In: Floors closer to the ground were
completed sooner, so some of those who moved
in were co-existing with construction continuing
on their floor and higher floors. For a while,
residents had to walk over planks to enter the
front door. As a brand new building, the units
were "bare bones"—no curtain rods, no
appliances. One of the better items, however,
was the parquet flooring, rather than just a bare
concrete floor or concrete covered with
inexpensive carpeting.

Not only was this building new, but the condo concept was relatively new, so there were not as many avenues for consultations as there are now. Thus, many of the processes, operations, regulations and rules had to be developed and invented as time went on. The first board of directors was elected in the spring of 1973 and took over from Meridian, the developers. There were 14 candidates for director in that first election.

There was an initial “rule” that units couldn’t be re-sold for five years, but that was soon disregarded. Owners found that the value of their unit was going up, up, up. One owner was asked to sell his unit to another interested party before the unit was completed and before he moved in. Some units had been low-priced in the initial sale, for example, the “09” small monette units. This was because the garbage chutes and elevators were adjoining. At the beginning there was no sound insulation for the garbage chutes, but that was corrected over the years. (CMHC had deemed chute sound insulation to be too expensive an item and not relevant to this moderate income building.)

If you think our heating system is eccentric now, it was even more so then. The hallways were heated at the time and always very stuffy — except that this caused people to leave their apartment doors open, so the ventilation system seldom worked as it should. In 1973, there was a \$17,000 deficit—mainly due to hydro costs. Some things change and some things remain the same.

Also, the pipes were cheaply done, and they all had to be replaced with copper piping about 1976. This caused a special assessment. As an example, this assessment cost nearly \$600 for a small one-bedroom.

The roof was poorly done and also had to be replaced fairly early on.

Pets were not allowed at the beginning. Well, not dogs or cats, that is; birds and fish were allowed. (Perhaps there were some small, quiet snakes, too, that no one knew about!) This changed through a court decision not too many years after the beginning.

A full security system, with on-site guards, was not instituted until about 1984. At that time the last lobby renovation included the development

of the guard room at the front entrance. Residents used to be able to enter the north and south end doors, and the indoor parking was accessible to and from the hallways. These things are certainly different from today with locks, cameras and security guards.

A children’s playground area was initially a feature of the backyard. This didn’t last too long as it proved noisy for west side residents—and most of the children were not from our building. Early on, there was also a children’s playroom on the B1 level.

The Community: The “originals” reported that Annual General Meetings at the start tended to go on till midnight because everything was discussed and everyone wanted to be heard. That meant that many owners would have left before the latter part of the meeting when the votes were taken. Subsequently, long-time president Doug Smith figured out a re-arrangement in which some of the needed information and question-and-answer time came in the meetings before the AGM, such as the financial meeting and the candidates’ meeting.

Besides long meetings, every occasion was a reason for a party. Big parties were held in the recreation room and continued in smaller parties in various units. Usually these were “BYOB” events, but at the first one, the police — not understanding that liquor was not being sold (which would need a license) — arrived and confiscated the bottles.

At the 10th anniversary party, over 100 people attended. Turkeys were cooked in a number of units and brought down for warming up in the recreation room kitchen which—at that time—was about half the size of the current kitchen.

Aside from parties, there was a strong community spirit which apparently resulted from the “we’re all new together” feeling and the pride of home ownership and the need to get all systems moving.

People were attracted to this building as it was a place where, despite a moderate income, one could become a home-owner. The location, then as now, is a huge attraction with the closeness to downtown and convenience of various shopping and transit lines. Then as now, many appreciated not needing to keep an automobile while living here.

By today's standards, especially, the three-level garage is very large. Of course, the 3B level is no longer used, but the spread of the garage shows also the couple of acres of property we have, also large compared to new condo buildings.

Seniors' Services

A wide range of services relevant to seniors may be found through two important websites.

The Community Care Access Centre is one. It's at www.ccac-ont.ca. There, go under "about us" and then "find your local CCAC." Ours is Toronto Central.

The other website of note is The Ontario Seniors' Secretariat.
(www.seniors.gov.on.ca)



Sherbourne Bike Lanes

2012 is on-track to be the year Toronto's first separated bike lanes are installed. Running the length of Sherbourne, south from Bloor, this new piece of cycling infrastructure will provide cyclists with their own path separated from the road, depending on the segment, by either a curb or by a raised cycle-path.

Councillor Kristyn Wong-Tam has been working hard to ensure the new lanes coincide with streetscaping improvements, as well as providing access to the schools, churches, and medical facilities along its length. As this will be Toronto's first separated bike lanes, the Councillor would like to see it become a model for future projects that will be welcomed across the city.



Councillor Kristyn Wong-Tam and City of Toronto's Solid Waste Management team invites you to the annual Ward 27 Environment Day on Saturday, April 21 at the Ramsden Works Yard (1008 Yonge Street – across from Rosedale Subway Station) from 10am to 2pm.

Environment Day is an opportunity to drop-off household items and waste such as electronic items, old clothing, household hazardous waste, and unused medications for safe disposal. Compost for gardening and green bin containers are also available for pick-up. This year, Councillor Wong-Tam has invited non-profit organizations from across Toronto to share information about sustainable living in the city.

Donate to Goodwill for reuse:

Sporting goods (e.g. skates, hockey equipment, bikes, rackets, etc.); Books (excluding school/university curriculum books); Medical equipment in good condition (e.g. eyeglasses, walking aids, hearing aids, etc.); Small household items (e.g. dishes, ornaments, kitchen utensils, artistic drawings, games, etc.); Textiles in good condition (e.g. clothing, linens, etc.); Non-perishable foods will be donated to a food bank

Donate to schools for reuse:

Art supplies (e.g. pencils, markers, crayons, etc.); CDs and cases; Children's books, clipboards, corkboards; Costume jewellery including broken/old watches, dress-up clothing; Fabric pieces, yarn, buttons, keys, etc.; 35 mm cameras and equipment

Products Available - Fees may apply:

Backyard Composter; Green Bin; Kitchen Container

Pick up for FREE:

Leaf Compost (limit one cubic metre per household); Green bins and Kitchen Containers (bring damaged bins for exchange)

Get new bins - bring proof of residence in the last 90 days

Growing with 40 Homewood: We Cared, We Conquered

by Jean Walker

How exciting it was 40 years ago to actually move into my very own "home" — one that I bought — one that was all mine! Along with several other people in the same situation, I had moved into a new community that had not existed before (even while the building was still partly under construction!).

It didn't take long to realize I was not only responsible for my own apartment, but I was responsible to share my talents and skills with others to make a successful new community.

Because of the condominium concept, the shared ownership of "common elements" meant that they were cheaper to maintain than if each individual had their own, such as with a house.

Being the first adventurers meant that there were no established rules. We had to make our own.

The then owners, Meridian Developments, offered help, and we grew from there. We had many enthusiastic and talented volunteers.

After we were officially recognized as a "corporation" — as 40 Homewood YCC 75 — in late 1972, we soon elected five directors (very responsible and dependable and enthusiastic) to organize the rest of us.

We had five committees:

- * Administration: to supervise and help a paid administrator
- * Financial Affairs: a treasurer to collect apartment fees and pay for our collective expenses

* Cleanliness: volunteers started off being personally responsible for cleaning common areas. Staff increased to two live-in "superintendents" and an "outside cleaner." Later a maintenance person who supervised our various systems

* Volunteer gardeners: to care for and plan our outside common areas (the "garden" around the building was equal to the height of the building and complemented Allan Gardens just down the street)

* Special Activities and Groups: anything was an excuse for wonderful parties.

With every owner taking responsibility for being a part of the whole, we did indeed become a wonderful community.



Many residents have become more concerned lately about the increased population of pigeons on our property. One of the biggest concerns is the pigeons taking over our balconies. Many residents are away at work all day and cannot be vigilant all 24 hours to shoo them away, and the pigeons get comfortable with a certain peaceful balcony location and then begin to nest there. Many unpleasant things ensue.

Over time, many articles and many people have put forward ideas for liberating their balconies and other spaces from pigeons. Others try the tips, and they may or may not work equally well. Some methods seem to work for a while and then the birds figure it out.

Of course, the primary prevention is to discourage them by NOT FEEDING them.

Here are some other suggestions.

* Use reflective features. These may not work long-term, but try installing reflective tape or foil balloons to scare them away.

* Scare them with a bang! This low-tech method is to buy some party snaps from a party favours/joke store and place them in the area where the pigeons are likely to land (and then the snaps explode).

* Try spicing things up. Pigeons don't like spices. Sprinkle cayenne pepper, cinnamon, black pepper, etc where they roost. Be generous and repeat after wet weather.

* Screen off or cover water sources such as air conditioner drains or buckets that they might drink from.

* Never leave food on your balcony.

* On ledges, try bristling wires, also know as porcupine wires, or sticky pastes that will deter them from landing and gathering.

* Anti-roosting spike strips will make the area unsafe for them to land. Check your local home-and-garden store.

* There are ultrasonic repellents (get one specific to pigeons) that include speakers with motion sensors which become activated once a pigeon enters your balcony.

* Clean any pigeon poo from your ledge: this makes the pigeons slightly less likely to land and makes you more likely to shoo them away.

* Get a spray-equipped water bottle. Or a water pistol from the dollar store! If you spray them away, they will gradually learn that it's an unfriendly balcony. It's probably more effective than yelling and clapping your hands.

* Hang window boxes onto the inside of the balcony ledge. Emphasize ivy or Wandering Jew plants. They will grow along the ledge and then the pigeons don't know what they might land on.

Many suggestions involve nets and fake owls, but those may be difficult and inappropriate for our condo building.

IN MEMORIAM

It is regrettable to say that we have lost another resident. Marion Ritchie passed away recently.

Marion was a Registered Nurse for 40 years, always ready to help anyone who needed it, always fighting for the underdog. Marion volunteered at the Good Shepherd Ministries, taking the homeless men there under her wing and tried her best to help them

Rest In Peace, Marion

Services and Contractors

Listings of any services or service providers here are initiated by individual owners or tenants, and in no way does the Condominium Corporation (YCC75) or the Board of Directors suggest, recommend, promote, guarantee, underwrite or otherwise endorse any of the services or service providers. Individual owners and tenants, however, are encouraged to share the names and contact information of service providers so others might use them, too.

Owners should keep in mind one of the YCC75 rules (1.7):

No wall, floor, door, window, toilet, bathtub, washbasin, sink, heating, air-conditioning, plumbing or electrical installation in or forming part of a unit shall be installed, removed, extended or altered without prior written consent of the Board. Residents do not need the consent of the Board to paint, decorate, or alter the surface on any wall or ceiling within a unit. No drilling or other intrusion is allowed into ceilings without the prior written permission of the Property Manager.

In the instance of things affecting the electrical system or the plumbing, all parties are safer when it is ensured that the contractor/worker has proper credentials, licensing and insurance.

Some such jobs within a unit have the potential to affect these systems in other units or in the common elements.

Workers whose names have been provided by 40 Homewood residents.

(These names are on our website (40homewood.org), some with email links)

Plumbers:

Mike the Plumber (works independently, also for Ways Plumbing) 416-856-0113

Adam the plumber: call 416-902-0090 and ask for Adam

Locksmith: Greg at 416-406-0909

Floor work: Falcon Flooring: Perry Mifud, telephone 416-252-4907

Painter and handyman: John R. Peirson, Inside Job Painting Co., tel 647-864-4464
Painter On-a-roll Painting, Dave, tel 416-406-5743

General contractor/electrician:

Mike Ponte, Elite General Contracting, tel 416-859-1543

General contracting/Complete home renovation:

J. K. Contracting—Renovations (tiles—kitchens—bathrooms—drywall)

For estimate: John Kotsaridas & son, Tim, cell 416-520-8370, tel 416-686-0272

Salvatore and Johnny Marreri, S & G Toronto Contracting Limited
office tel 416-651-6852, direct (cell) lines
Johnny 416-456-8642

Handyman: Small Jobs AI (electrical, plumbing, carpentry, locks, ceiling fans, cable wiring) tel 416-944-0611

Computer repairs, service and training:

Siavosh, technician, working for the company, Onasys, tel 416-622-3780

Ryan Taylor, 647-990-3279: Training, Lessons, Service

Mark Hanson, 647-800-4121, reasonable repairs

Appliance repair and service: Dragon, 416-616-3774 (stoves, fridges, dishwashers, etc.)

Using Reflexology To Help The Aging Body

By Danielle Gault

When the feet are tired the rest of the body joins in. It's no surprise to people, especially seniors who have been walking around on their feet for many years, that we feel we die from our feet upward.

When our feet ache, we feel it all over. When we give in to these aches and pains and slow down our activities in life to accommodate them, in an attempt to cope with the discomfort, we actually further slow down the various systems within the body and create more discomfort for the body. Systems that begin to slow down -- such as the circulatory system, the respiratory system, and the cardiovascular systems -- affect the whole body and begin a cycle of decreasing the strength and function of all systems. This cycle ensures that we continue to slow down more which further takes us away from health and living and moves us closer to death and dying. How can Reflexology help minimize this slow down?

Seniors and Reflexology

Reflexology is a natural healing art based on the principle that there are reflexes in the hands and feet which correspond to every part, gland, and organ in the body. Through application of pressure on these reflexes, Reflexology can benefit us in three basic ways:

1. by improving circulation within the body;
2. by relaxing tensions in the body and thereby relieving stresses in the mind; and
3. by promoting the natural function of the related body parts.

Let's take a look at each of these benefits as, in particular, they relate to seniors. While seniors today are generally more active than they may have been in the past the aches and pains that come with aging often slow people down. This, of course, can lead to a decrease in circulation within the body, which can start a whole chain of events within the total body system.

Poor circulation, as an example, affects the rate of digestion. The slower the digestion, the more that back-up waste forms in the colon thereby increasing congestion and mucus. Congestion

and mucus lead to a build-up of toxins in the system and toxins reduce the body's energy efficiency. The build-up of toxins also places increased pressure on the respiratory system and that, in turn, strains the functioning of the heart and decreases blood flow within the system. This all impacts the body's ability to clean out the waste and the lymph system becomes overtaxed. The liver, kidneys, and skin attempt to get rid of waste but have to work overtime... thus putting more strain on the entire system. The system tries to slow down in response to all these demands and pressures. This, in fact, further reduces circulation and perpetuates the cycle. The body will, in an attempt to get out of this chain of events, begin to break down.

Taking all this into view, when Granny's feet ache, we had better pay attention, because the body is trying to tell us that all is not right in its world. Circulation is the key to a healthy body and a healthy mind. There are many natural healing suggestions to help increase circulation but Reflexology is one that I have seen is a safe, easy and effective way to stimulate the body naturally.

Stagnation is the Culprit

Circulation is life and stagnation is death. When a system gets stagnant, like a pond with little water circulation, stagnation takes on a life of its own and breeds continued stagnation. Any system that is moving in one direction, according to Newton's first law of motion, continues to move in that direction unless acted upon by another force. When people's bodies slow down, they continue to slow their body down by sitting or resting more often.

Take the case of the author's father who had always led an active life. He began to have problems with his respiratory system and had to struggle to breathe. This made him not want to task his system... so he sat more. And the more he sat, the less efficient his system became, which, of course, promoted more sitting. This, of course, promoted other effects on his body as he gave in to the aches and pains. If we fight these aches and pains, by keeping the circulation as efficient as we can, we can counteract this process.

The Body Needs to Relax

The natural cycle of life is to slow down our system, a bit, as we age. But the key is to not

slow it down enough to promote disease. Individuals want to remain vital and healthy and circulation is an important key to achieving this. Circulation can be promoted naturally, through Reflexology, by stimulating reflexes in the hands, ears and feet to naturally relax tensions in the body. Tensions can show up in many parts of the body and we have to be ever vigilant in our attempts to work with, and understand the meaning of, these tensions.

By working with these tensions we can, for example, understand when the body is trying to let us know that we are out of balance and make adjustments to our lives.

Aches and pains in the feet are the body's way of trying to tell us that we are out of balance in how we understand our world and that we have to review our world and then we can make some adjustments. With the author's father, for example, his world was getting smaller and, to counteract that, he needed to go out more and get more involved with others (as had been the case in his past). This understanding would have kept him more active, more involved, and given him more meaning to his life. As we pull away from life, our bodies join us and these are choices we all make as we negotiate our way through this journey on planet earth.

If there is tension in the shoulder area then perhaps we are carrying life's burdens to a degree that we cannot support. In this case we may want to look at how we are feeling about the people and things around us and make some adjustments. It is important to determine how much we want to take on and can manage with ease and what we have to let go of because it isn't serving us to hold on. We have to ask "Are we taking on other people's problems and making them our own?"

If we are having problems with our urinary tract then perhaps we are feeling sensitive to the criticism or actions of other people and they are, so to speak, "pissing us off". In this case we may want to take some action to manage our outside influences and work through our resentment in a way that will alleviate the tension within our own system. We have to be careful around tensions that come from resentments as the resentment can deteriorate our bodies. I often remember a quote I heard from Dr. Bernard Jensen, a world-famous chiropractor and naturopathic doctor, who said, "I'm going to love you whether you want me to or not, because it's good for me."

Getting Back in to Balance

Whatever tension is blocking us in some way, either psychologically or physically, needs to be addressed. Reflexology is a non-invasive way to get the circulation going and help improve the functioning of the whole system. With increased circulation comes an increase in the relaxation response. With increased relaxation, of body and mind, comes the ability to see and engage in more possibilities for problem solving. With increased relaxation we also help move the system from stagnation to circulation. In doing this we tend to resolve our tensions with greater ease and facilitate a healthy state of mind and body – which can help slow the aging process by helping us remain active.

Reflexology is certainly not a cure-all but it does provide relief from stress by increasing circulation, relaxing tensions, and supporting the body's natural ability to heal itself. When we keep our systems flowing we improve our circulation and we promote healthy natural functions thereby providing relief for 'granny's' aching feet... and her corresponding aches and pains.



Questions to the Board or Management

Question:. Will something be done to cover the bulk bin and the garbage bins in the back?

Answer: Management is looking into prices and concepts for the kind of covering that could make things more sightly. (It would need to be movable for when the trucks arrive to take things away and also specially built for our space and situation.)

Question: When will the installation of the new fire alarms for each unit be done?

Answer:. These should begin to be installed by mid-April. The overall job will take a good number of weeks. The alarm will be above the entrance door. Each

unit's old "Xtendalarm" (they also say "Secutron" and they have the red push button to "silence" it) will be removed. If any owner wishes to have the "Xtendalarm" put back on the wall, notify the office soon.

Notice will be given before your unit is entered for this work. At the same time, you will get further information about the inspection of the unit's common elements—the windows and balconies—which are being assessed as part of the Reserve Fund Study planning.

Question: When will the lobby (plus mailroom, library, meeting room) renovations begin?

Answer: The bids are coming in and a contractor will be selected shortly. The work may well begin by about the end of April. (But sometimes these timelines stretch longer ahead!)

Question: What should a person do if stuck in the elevator?

Answer: Push the emergency call button (picture of a telephone handset). The response will be from a city-wide response service, so they will ask your address. The response service will contact security at our building. Security will judge whether he/she can retrieve the elevator or whether he/she needs to call our elevator service company. As the person stuck, use the techniques and skills you may have for remaining calm. Help is on its way.





In an effort to reduce our ongoing costs for garbage, please put your regular garbage down the chute on your floor, not in the brown bin in the green room.

Garbage that goes down the chute is compacted, thus reducing the volume of garbage.

Large items that do not fit down the chute can, of course, be put in the brown bin.

Thank you for your continued cooperation in trying to reduce our costs.



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

Stroke Symptoms

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness can spell disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Doctors say a bystander can recognize a stroke by asking three simple questions—and now a fourth question is added.

Smile: Ask the individual to smile.

Talk: Ask the individual to talk and speak a simple sentence coherently (e.g., It is sunny out today.)

Raise arms: Ask the individual to raise both arms.

Tongue: Ask the individual to stick out his/her tongue. If the tongue is “crooked,” that is, it goes to one side or the other, that’s also an indication of a stroke.

If the individual has trouble with any ONE of these tasks, call the 9-1-1 immediately and describe the symptoms to the dispatcher.



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